





INTRODUCING

OUR PINNACLE IN CUSHIONING

Designed directly from the data of runners like you.

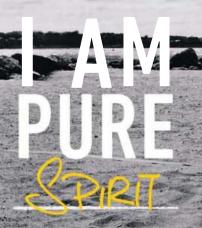
1080



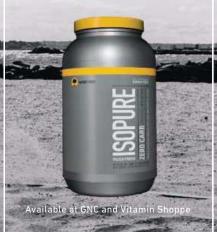
NATURALLY AND ARTIFICIALLY FLAVORED BANANA CREAM







Pure means constant dedication. Real motivation. For whatever drives you. Pure is in our name—because Isopure Protein means perfect, delicious, 100% Whey Protein Isolate. Made for better bodies, and minds. Because...







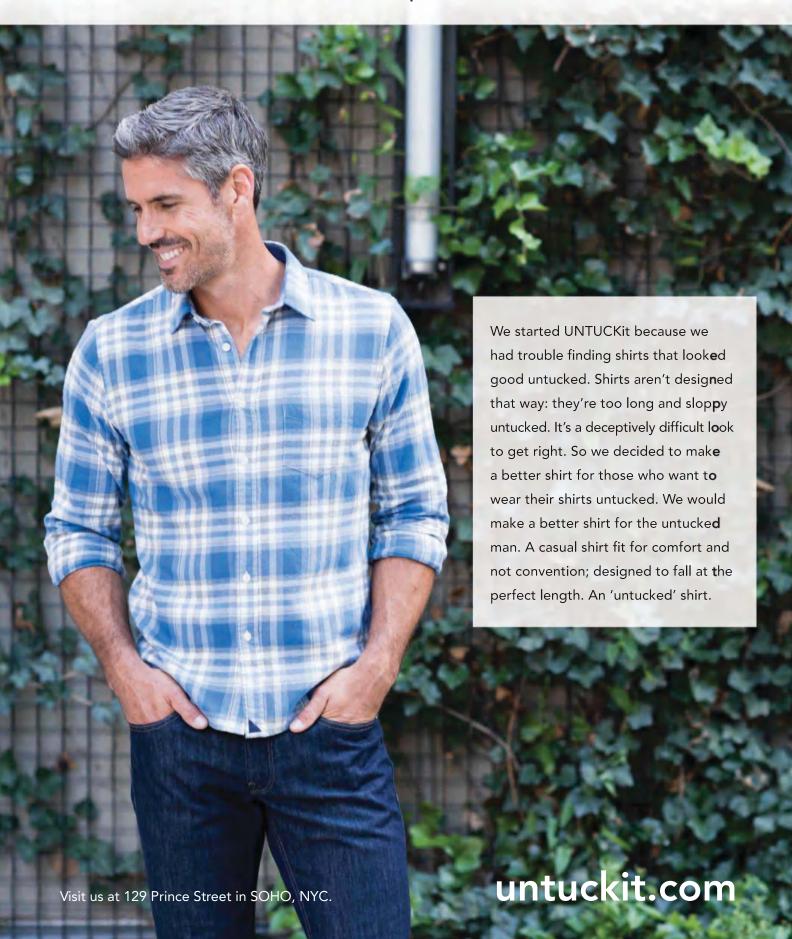
It's shocking when you compare a bowl of naturally trans fat and cholesterolfree Wonderful Pistachios to a meager helping of fried, flavored tortilla chips. With three times the protein and fiber for the same calories, you'd be crazy not to crack open some delicious, heart-healthy Wonderful Pistachios. **Get Crackin'**

Scientific evidence suggests but does not prove that eating 1.5 ounces per day of most nuts, such as pistachios, as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease. See nutrition information for fat content. ©2016 Wonderful Pistachios & Almonds LLC. WONDERFUL, GET CRACKIN', the Package Design and accompanying logos are registered trademarks of Wonderful Pistachios & Almonds LLC or its affiliates. WP14588









This month on MensFitness.com



The Sex Workout

Five exercises that will boost your abilities in the bedroom.

▶ mensfitness.com/sexworkout

Your Pre-Spring-Cleaning **Eating Plan**

Leaner versions of your favorite hearty comfort foods.

▶ mensfitness.com/eats

Winter Sucks

Ten epic warm-weather trips.

► mensfitness.com/jetset

On Point

The 10 best leather jackets.

▶ mensfitness.com/leathergoods

Tech of the Future

New gadgets, gizmos, and more.

► mensfitness.com/techy

THE 21-DAY SHRED: VERSION 2.0

■ Your favorite rapid-fat-loss plan, now with more workouts and a better user experience. mensfitness.com/21dayshred

Get the App

Download it for free on your Apple or Android mobile device to unlock offers and exclusive videos.

BEHIND THE SCENES WITH NORMAN REEDUS

■ Find out everything there is to know about our cover star's new show. Ride with Norman Reedus.

GLEN POWELL...

...on how to define your own personal style.

BONUS WORKOUTS

- 20-plus new routines to send directly to your phone.
- Your first day of training on The 21-Day Shred.
- How to boost your bench.

HEADING OFF ON A BIG TRIP?

■ Check out our international editions, published in the U.K., Australia, Germany, Qatar, and Saudi Arabia.

MENS FITNESS

EDITOR-IN-CHIEF John Rasmus

EDITORIAL

GALVANIZED BRANDS, LLC

DAVID ZINCZENKO STEPHEN PERRINE JON HAMMOND Chief Media Officer

CREATIVE DIRECTOR Andy Turnbull MANAGING EDITOR, ENTHUSIAST GROUP/BOOKS Brian Good

GROUP TRAINING DIRECTOR Sean Hyson, C.S.C.S.

DEPUTY EDITOR Keenan Mayo SENIOR EDITOR Nina Combs COPY CHIEF Pearl Amy Sverdlin COPY EDITORS Jeff Tomko, Heidi Jacobs, Yeun Littlefield

STYLE AND GROOMING DIRECTOR

STYLE AND GROOMING EDITOR

RESEARCH EDITOR Adam Bible **ASSISTANT EDITOR** Brittany Smith WEST COAST EDITOR Mark Morrison

CONTRIBUTING EDITOR Will Cockrell **EDITOR-AT-I ARGE** Strauss Zelnick RESEARCHER

Sheryl Nance-Nash

EDITORIAL ASSISTANT Pamela Nullet ACCOUNTING CLERK Jason Williams

EDITORIAL INTERNS James Maio, Hanna Mallette

EDITORIAL PRODUCTION DIRECTOR Russell Mendoza

EDITORIAL PRODUCTION COORDINATOR

SENIOR DESIGNER Joe Summa CONSULTING DESIGN DIRECTOR

PHOTOGRAPHY

PHOTO DIRECTOR Brian Marcus PHOTO EDITOR Henry Watson PHOTO RESEARCHER Lauren Pishna EDITORIAL/PHOTO ASSISTANT

PHOTO INTERN Gabriela Perez

MENSFITNESS.COM

DIGITAL DIRECTOR Michael Simone SENIOR DIGITAL EDITOR Caitlin Carlson ASSOCIATE DIGITAL EDITOR Michael Rodio

TABLET DESIGN AND DEVELOPMENT CHIEF DIGITAL OFFICER Sean Bumgarner DIGITAL DESIGNER Linh Le

EVP/GROUP PUBLISHER

David Jackson

ADVERTISING SALES

EASTERN SALES OFFICE 4 New York Plaza, 4th Fl., New York, NY 10004, 212-545-4800

INTEGRATED MARKETING DIRECTOR

INTEGRATED SALES DEVELOPMENT DIRECTOR Ali Salama

NORTHEAST INTEGRATED ACCOUNT

INTEGRATED ACCOUNT DIRECTOR

INTEGRATED ACCOUNT MANAGER

BUSINESS MANAGER Ivelise Estremera SENIOR DIGITAL ACCOUNT MANAGER Samantha Miller

DIGITAL ACCOUNT MANAGER Laura Newell ADVERTISING SALES ASSISTANT Sarah Scheinholtz

ADMINISTRATIVE ASSISTANT

WEST COAST DIRECTOR

Debbe Levy 6420 Wilshire Blvd., 15th Floor, Los Angeles, CA 90048, 323-658-2041 MIDWESTERN ACCOUNT DIRECTOR

Jessica Brining 325 W. Huron Street, Suite 708, Chicago, IL 60654, 212-547-4012

DETROIT SALES REPRESENTATIVE Jay Gagen RPM Associates, 248-690-7013

ACCOUNT DIRECTOR-DIRECT MARKETING

DIET, HEALTH & WELLNESS DIRECTOR Yiota Karachristos

INTEGRATED MARKETING

SENIOR MANAGERS Suzanne Janow, Jennifer Mitschke

MANAGER Danielle Manzi

CREATIVE SERVICES

CREATIVE SERVICES DIRECTOR

PROMOTIONAL ART DIRECTOR

MANUFACTURING AND PRODUCTION

PRODUCTION MANAGER Kellie Gleeson DISTRIBUTION COORDINATOR Marc Melchei

INTERNATIONAL

International editions of Men's Fitness are published in the following countries

















WEIDER PUBLICATIONS, LLC

A SUBSIDIARY OF AMERICAN MEDIA, INC.

CHAIRMAN, PRESIDENT & CHIEF EXECUTIVE OFFICER David Pecker **EXECUTIVE VICE PRESIDENT/CHIEF MARKETING OFFICER** Kevin Hyson EXECUTIVE VICE PRESIDENT, CONSUMER MARKETING David Will ackey

EXECUTIVE VICE PRESIDENT/CHIEF FINANCIAL OFFICER/TREASURER Chris Polimeni SENIOR VICE PRESIDENT/CHIEF DIGITAL OFFICER Brian Kroski

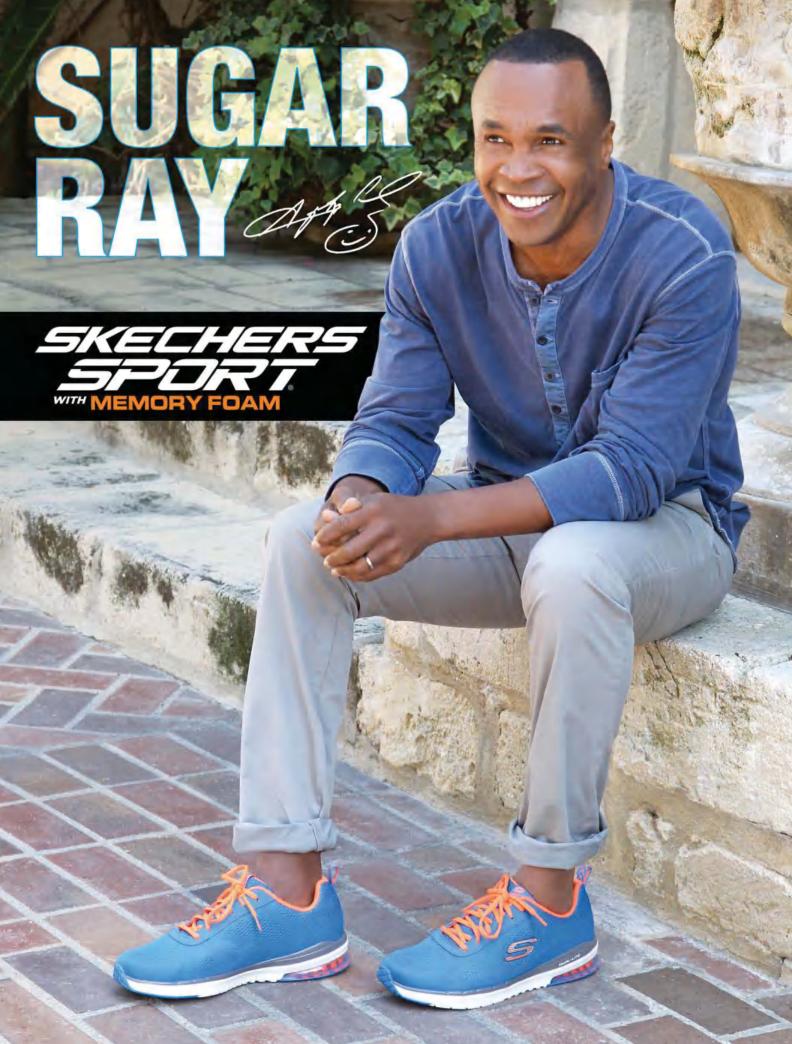
EXECUTIVE VICE PRESIDENT, DIGITAL MEDIA OPERATIONS/CIO David Thompson SENIOR VICE PRESIDENT, OPERATIONS Rob M. O'Neill

FOUNDERS

Joe Weider (1920-2013) Ben Weider (1923-2008)







Learn from the best

THE WORLD IS lousy with "experts." ¶ By the time you reach my station in life, you've come to a few obvious conclusions. And one of them is that those who can, do. Those who can't, charge \$250 an hour to consult. I've never met a billionaire "financial adviser," nor an executive who quit at the top of his profession to become a "career coach." And don't get me started on the sanity level of your run-of-the-mill psychologist. ¶ That's why, when I want advice, I don't go to thinkers, I go to doers—people who are getting it done, day after day. People who trust their own counsel so much, they put it all on the line themselves (instead of sending others out to test their theories for them). Give me a battle-tested colonel over a fat-cat three-star general any day.

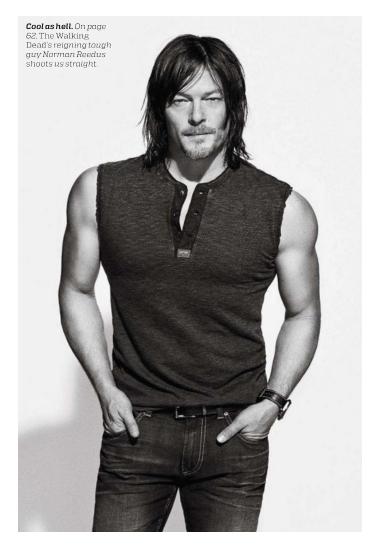
That ethos infuses the team here at *Men's Fitness*. We don't recommend a workout we haven't tried ourselves, nor do we push forward a food plan that hasn't shown results right in our own test kitchens (and our own bellies). In fact, our big feature on protein timing (it starts on page 82) emerged from the personal trials and enthusiastic responses of our editors, who doubted very much that eating crickets before bed would make a difference—until they saw the proof. (Don't worry, you can have a rib eye instead.) We also decided to strip down some of our favorite workouts to see if we could get results in less time. We did: Turn to page 116 for the most efficient, least complicated approach you've ever taken to getting the ripped body you want.

As for money strategies, well, forget the financial advisers down at your local bank. We got a mega-successful mutual fund manager who once actually *lowered* his clients' fees to tell us how relatively easy and painless it can be to build a sizable fortune—if you start early and keep it simple.

Of course, when it comes to the world of women, proven expertise is harder to find. (Present company excluded, of course.) So for our special sex feature on page 88, we skipped the experts and got it straight from the mouths of babes—women themselves. Our sexy panel spared no details in telling us exactly what they want from you and when and how they want it. Trust us, you'll be shocked at (and grateful for!) their honesty.

We know how well these tactics have worked for us. We want to hear how they work for you. Don't be shy about hitting us up on Facebook, Instagram (@mensfitnessmag), and Twitter (@mensfitness). After all, the very best expert on anything is the guy who's out there doing it.

So get out there and do it.



David J. Pecker Chairman, President, and Chief Executive Officer of American Media, Inc.

Adventure calendar

ALL THE THINGS TO DO THIS MONTH IN THE GREAT OUTDOORS



MARCH 4-6

Algarve Bike Challenge Mountain Bike Race

TAVIRA, PORTUGAL

■ This three-day mountain bike stage race begins with a torch-lit prologue through the city streets of Tavira, then advances through two long days of technical riding over rocky trails and leg-burning steeps in the surrounding countryside. When it's all over, you're in Portugal, which isn't a bad place to be in the dead of winter. algarvebike challenge.com

MARCH 12

Buffalo Bayou Partnership Regatta

HOUSTON, TX

■ This 15-mile race on Houston's bayou was once called the "Reeking Regatta" because the waterway was so polluted. Today it's restored, and event proceeds will go to the worthy nonprofit that made it that way. Paddle your own canoe or kayak, or rent from a local outfitter who'll drop it off at the start then pick it up at the finish, freeing you up to grab a postpaddle beer downtown. buffalobayou.org

MARCH 13

Rouge Roubaix Cycling Race

ST. FRANCIS-VILLE, LA

■ This classic 106mile road race is a no-nonsense tribute to the famously rugged Paris-Roubaix bike race. The local back roads it traverses range from glassy asphalt to sandy gravel to nearly unrideable, Plan to battle 80° heat and bayou-grade humidity, but be ready for freezeyour-water-bottles cold, too. This grueling race is a true test of both man and machine. rougeroubaix.com

MARCH 13-20

Absa Cape Epic Mountain Bike Race

WESTERN CAPE, SOUTH AFRICA

■ Considered the Tour de France for mountain bikers, this eightday pro-am stage race crosses 400 miles of rugged, unspoiled South African terrain. This year's route takes two-person teams through 49,000 feet of majestic mountains, ripping down ravines and along spectacular coastlines. It takes chops, sure, but this one's about perseverance. cape-epic.com

The last wave.

Thanks to El Niño, Oahu's break could continue raging into March. MARCH 18-20

Bermuda Triple Challenge Adventure Race

BERMUDA

■ This high-intensity, 13-mile tour of Bermuda kicks off with an obstaclestrewn urban footrace through the 400-year-old town of St. George. The next morning, it's on to the South Shore for a bootcamp-style challenge. Finally, on Sunday, you'll storm the wharves and fortifications of the Royal Naval Dockyard by land and sea.

bdatriple challenge.com MARCH 25-26

Gore-Tex Grand Traverse Ski Race

CRESTED BUTTE,

■ Navigating 40 miles of wild backcountry terrain through Colorado's Elk Mountains is no cakewalk. But doing it on skis, in the dead of a cold winter night, is even harder. Setting out from Crested Butte, racers must find their way over Taylor Pass and aim to hit Aspen Mountain in time for adrenaline-pumping first tracks at dawn. elkmountains

traverse.com

For outdoor workouts, go to mensfitness.com.



The Best iPhone ever on the Best No-Contract Plan

\$45 Unlimited Talk, Text, Data

First 5 GB Data up to 4G LTE[†] Speed, then 2G* 30-Day Plan





Phone and Plan Sold Separately.

*At 2G speeds, the functionality of some data applications, such as streaming audio or video may be affected. Please always refer to the Terms and Conditions of Service at StraightTalk.com. To get 4G LTE speed, you must have a 4G LTE capable device and 4G LTE SIM. Actual availability, coverage and speed may vary. LTE is a trademark of ETSI.



Breakthroughs

Challenge the "Static" Quo

R

Roadkill on the side of the Fitness

Highway: That's what "static stretching" became about 10 years ago, when studies seemed to show that warming up with slow, deliberate "static" moves-like touching your toes and holding the position for 20 to 30 seconds-could damage cold muscles and even sap strength ¶ Taking its place

"dynamic stretching"-like arm circles and leg swings—we now accept as the only stretching needed to limber up and ward off injuries. ¶ Wrong! ¶ As it turns out, both static and dynamic stretching, if part of a regular warmup routine, help reduce injuries and boost flexibility, according to an extensive new study review in the journal Applied Physiology, Nutrition, and Metabolism. ¶ To effective warmup,

warms muscles and readies the body for movement-before static stretching, which will then lengthen muscles and improve their range of motion. ¶ And though static stretching was indeed found to reduce strength if performed just seconds before an exercise (as opposed to dynamic stretching, which boosted strength), the reduction was minuscule -just 4.8%. So pick a different time to do them and your power levels won't take a hit at all.

IF YOU'RE NOT DOING STATIC STRETCHING, YOUR MUSCLES ARE MISSING OUT.





Do you dream of the day when, each time you D slam miles down on the pavement, your feet feel as cushioned and coddled as two babes being rocked in their mother's arms? Well, lucky for you, here comes Mama! ¶ Or, to be more accurate, here comes design firm Nervous System, which was tasked with helping sneaker giant New Balance create a midsole for a runner's arch—a notoriously tough spot to support because of all the physical forces at play. But instead of going the conventional route, Nervous designers decided to 3-D-print the midsoles, making foam structures that mimic natural cellular designs (like those in wood and bone) so they adapt more quickly to a runner's foot than the usual man-made foams. ¶ "We recorded data using a grid of sensors under the foot to design the foams," says creative director Jessica Rosenkrantz, a process similar to the way your foot will be sized up when you buy the shoes in-store. ¶ A limited-edition model with a 3-D-printed midsole will be unveiled at the Boston Marathon in April, and New Balance aims to have a store version out in 2017.

A foam roller that's flat-out cool

A neat, clean, unsweaty roller is a workout boonand a pain in the ass to tote around. Until now: Meet the Morph, the world's first collapsible roller. Push in one end to fold it flat. then pull two cords to pop it open. A Kickstarter hit, the Morph goes where other rollers can'tlike a gym bag, tiny locker, or carry-on. Gluteus maximus, meet roller minimus. \$68; out in April, preorder at kickstarter .COM. -MICHAEL RODIO



Time to fold.Brainchild of an NFL player and an aerospace engineer, the Morph is superportable.

You're just what I need, sugar

■ For maximum energy during endurance work, take a hit of table sugar, say researchers at England's U. of Bath after testing carbs' effects on long-distance cyclists' energy levels. Down 1.5 tbsp sugar in 3.5 oz water hourly for sessions beyond 2.5 hours.

The gym or the mat?

■ Which gets you in better shape—yoga or lifting? Answer: Yes. A U. of Texas study found that after three one-hour workouts per week, both lifters and yogis lost about 4% body fat and were equally fit overall (though the yogis won out in stretching, duh).

Ya gotta have friends ■ Training alone can be a drag. In fact, one study conducted by Kansas State U. found that people who worked out with even a *projected* image of a partner could exercise longer yet feel less tired.

Now Yaye, a free app for Android and Apple, can provide some of that team spirit. Use it to share workouts, progress reports, and encouraging (or, when necessary, ass-kicking) IM chats with your own private group of pals or family members as you motivate one another to stay on task. It also tracks steps taken (no extra devices needed), calories burned, workout duration, and your activity level versus other Yaye participants. Exercise and nutrition programs are also available. Visit yayeapp.com for more info.—SEAN HYSON



"Flight attendant, a second helping, please?"

■ Imagine—airplane food that doesn't make you wish you'd crashed before the meal service (that is, when they even offer a meal service).

Yes, once again Virgin magnate Richard Branson proves he's not a guy who quits while he's ahead. Not only does his budgetfare Virgin America treat even lowly coach passengers to touchscreen entertainment, charging ports, and free live satellite TV, it also

serves food so tasty and healthy it wins awards

For the third time, Virgin has won diet detective.com's annual airline-food survey, with 4½ stars out of 5. Singled out were Virgin's breakfast (Udi's granola), snack box (hummus, nuts, and tuna), and meals like grilled chicken with hummus and a nutrientrich veggie wrap.

JetBlue and Delta tied for second with 4 stars, while Hawaiian Airlines, Spirit (1½ stars each), and Frontier (1 star) were the bottomfeeders on the list.



Where there's smoke, there's cancer. Burn a starchy food like toast, and you create a carcinogen.

Back away from that burned toast

Sure, everybody knows that eating seriously cinder-ized meats from the grill isn't the smartest move you can make (unless you're trying to get cancer, in which case have we got a blackened ribeye recipe for you!).

But a study review just put out by the U.K.'s Food Standards Agency has found that the same cancerous substances that show up in overgrilled meats can also lurk in overcooked starchy foods, including everything from scorched potato chips and french

fries to charred coffee beans and toast.

The evildoer is acrylamide, a chemical that's been connected to cancer in lab studies. It's produced not only when tobacco is burned (hey, the Marlboro man didn't die by falling off a horse), but also when foods containing water, sugar, and amino acids are burned at temperatures higher than 250°F.

And the higher the temp a food is cooked at, and the blacker it gets, the more acrylamides it'll have.

Acrylamide's also been linked to reproductive and nervous system damage.

Steer clear or get burned.

Twice-an-Hour Sex Soups Up Your Sperm

For better or for worse (depending on your current, uh... life goals), having sex twice an hour can make your baby batter three times more fertile, say researchers at London's North Middlesex Hospital.

In the study, 73 hoping-to-conceive couples were given intrauterine insemination (IUI), which places sperm directly into the womb.

IUI typically has about a 6% success rate—but when the sperm was from a fresh batch taken within 60 minutes of the first milking, the rate jumped to 20%—just 4% less than in vitro fertilization.

Mindfulness: better than morphine?

W

What if there were a no-cost, nonsurgical, drugfree way to "close the gate" that lets the feeling of pain into your brain? Well, there is, say Wake Forest Baptist Medical Center researchers—you just

have to use your head. ¶ For the study, 75 volunteers were burned with a thermal probe set at 120°F ("a level of heat most people find very painful," the report notes) while their responses were recorded in an MRI. Subjects were then split into groups: One got four days of real training on mindfulness, like deep breathing/meditation, and three got fake lessons, a placebo cream, or nothing. ¶ When the subjects were dragged—er, asked—back to the MRI to be burned again, the results were mind-blowing: Those who used their bogus treatment to try and handle the pain said it was lessened just a bit—likely a placebo effect—while the real mindfulness learners reported 27% less physical and 44% less emotional pain. In comparison, even morphine has been shown

HOW'D YOU LIKE TO FEEL 27% LESS PHYSICAL PAIN AND 44% LESS EMOTIONAL PAIN? THINK ABOUT IT... to reduce physical pain by only 22%. ¶ The study, says lead author Fadel Zeidan, Ph.D., "shows mindfulness meditation can be used with existing pain therapies" —a potential pain-management boon. ¶ For short, easy mindfulness meditations, go to marc.ucla.edu.

SILKY SMOOTH TASTE WITHOUT THE SUGAR

Unlike the 12 grams of sugar in dairy milk,* Silk® Unsweetened Vanilla Almondmilk has 0 sugar and always tastes silky smooth.





Nutrition



Cranberry Juices **Up Your Heart**

Cranberry juice may boost the heart's blood flow and vessel function, the U. of Düsseldorf has found. Skip the sugary junk juice and get real stuff, like Knudsen's (great with seltzer/a splash of OJ); aim for 15 oz daily.

Y'all Gonna Eat That?

Too much Southern food (fried everything, lots of fat, sweet tea) ups heart disease risk by 56%even more than takeout pizza. Mexican. or Chinese, says a U. of Alabama at Birmingham study. Skip the late-night runs to Bojangles and give your ticker a rest.

Strung out? It's not you-it's the addictive aualities of your favorite

processed foods



We'd sell our souls for chocolate, ice cream, and fries

We've all ioked that we're "addicted" to a food-but the joke's really on us.

Using 504 students as guinea pigs, U. of Michigan researchers found that processed foods like chocolate, ice cream, fries, pizza, and cookies scored sky-high on the Yale Food Addiction Scale. (Addiction symptoms include loss of control over eating and the inability to stop eating despite having a strong desire or suffering negative effects.)

The same foods

were closely linked to eating disorders.

Lest you think food addiction isn't really about processed foods, nuts-the first nonprocessed item to show a similar effect-came in only No 20 on the list

sushi (and then only because rolls come wrapped in the stuff), and when there's a gun to your head. ¶ So, OK, just one occasion. ¶ But, news flash: Seaweed's blowing up—and you should get in on the action. The aquatic veggie, whose U.S. snack sales jumped 30% last year, is supernutritious—full of vitamin C and iodine (good for the thyroid gland) and loaded with calcium, iron, copper, potassium, selenium, and zinc. ¶ And, bonus: Unlike some foods (factoryfarmed beef, some shrimp), it can be sustainably and ethically produced. ¶ For starters, pick up a seaweed salad at a sushi joint or grocery.(Trust us, it's terrific—just watch your teeth; it likes to get stuck.) Or buy snacks made out of savory, salty nori sheets (aka sushi-roll wrappers) or bacon-v dulse flakes you can sprinkle on salads, add to sandwiches, or even lightly pan-fry. Check the ingredients and opt for snacks with just seaweed, oil, and salt, and watch that last one-seaweed's naturally high in sodium, so try to stay within the RDA of 2,300mg a day.

As a Westerner, you likely eat seaweed on iust two occasions: when you're out for

What a pear!

Pity the poor pear: The Forrest Gump of the fruit world, it's always the underdog-eking out just 10th place on the most-eaten list, left behind if there's an apple or banana in the bowl, shut out of the smoothie scene

But pears actually kick ass, new research shows. A U. of Minnesota study review found that a medium pear gives you not just ample vitamin C but also a full 24%of your daily fiber, putting the beatdown on both apples (17%) and bananas (a measly 12%).

And Horticulture Innovation Australia reports that eating one Asian pear, or drinking 7 oz of the juice, before (not after!) partying can reduce next-day hangover misery by up to 21%. (Pear compounds may metabolize booze faster and cut the head-banging toxins.)



Succes

Whip this out to keep her smiling

Just a simple "thank you"—said sincerely and regularly-can keep your partner happy and your relationship healthy. In fact, how often you express gratitude to each other can even determine how long you'll stay together.

That's the news from U. of Georgia researchers who surveyed 468 married individuals and found that spouses who felt appreciated were more respectful toward each other and better at working through

relationship difficulties.

Saying "thank you" was especially helpful during tough times-such as when couples were having money difficulties-the study found. because it helped them avoid the feelings of anger, unhappiness, and withdrawal that so often lead to hreakuns

Every couple has challenging times and disagrees on issues," says study author Allen Barton, Ph.D. "The negative effects come from how you handle them. Saying 'thank you,' making sure your partner feels appreciated, and keeping a sense of humor can reduce the negatives and help make a partnership thrive."

Tell her about it.

How long till the class of 2015 can relax? More than 50 years.

Brace vourself. recent college grads: You won't be able to retire until vou're 75-not the current age of 62. At least, that's when finance site NerdWallet says you'll finally have saved the \$1.189 million you'll need to live comfortably (drawing \$135,728 a year plus Social Security) till you bite the dust at around age 84.

Blame 11% yearly rent hikes and student loans averaging \$35K (which could turn into \$700K if invested instead!) for making saving tough.

To get to Countryside Acres on schedule, you need to earn \$45,478 a year now, get a 3% raise annually, and save 6%: save 10% and you can quit at 70; 15%, at 65.



Love your job, love your life

■ You've heard it a million times: Choose a career you love, something that interests you. Well, turns out it's great advice: New research shows

that if you're emotionally attached to your job, you'll perform better, feel more satisfied, and be healthier all around. ¶ The study, in the Journal of Occupational and Environmental Medicine, split almost 5,000 Danish eldercare workers into 300 groups for 18 months and found that teams of employees who were devoted to their jobs weren't just more committed as a group, they were also physically and psychologically healthier as individuals, sleeping more soundly and taking fewer sick days than workers who couldn't really give two craps. ¶ So do you count the seconds till you can escape your desk? Fantasize about winning the lotto so you can tell them all where to go? Science says: Get out and find something you truly enjoy. To put it another way: Do what you want. And how often in life do you hear that? - JAMES ROSENTHAL

Put your tongue to work!

■ Grow up speaking two languages? You must be enjoying the extra cash. Speak just one? Fire up the Rosetta Stone CDs!

According to a new, "conventional wisdom"-defying report by UCLA and the Education Testing Service, children who speak both English and another language at homeeven if the English is learned as a second language in school-get better jobs and make up to \$2.800 more a year than onelanguage kids.

Makes sense: Scientists at Northwestern U. recently found that hilinguals solve problems and process info more

efficiently, as juggling two languages constantly "exercises" the brain.

Benefits could be seen after subjects had studied a new language for even just a short time, proving that it's never too late to pick up a life skill or two.



NOMA BAR

ENERGIZER ULTIMATE LITHIUM LASTS LONGER THAN
THE TRYOUTS ON THE PRACTICE FIELD
AND READING THE TEAM ROSTER
AND FINDING YOUR NAME ON IT
AND THE AFTERNOON PRACTICES
AND YOUR VERY OWN JERSEY
AND ALL THE SWEATING
AND THE FIRST GAME



THE WORLD'S LONGEST LASTING AA BATTERY



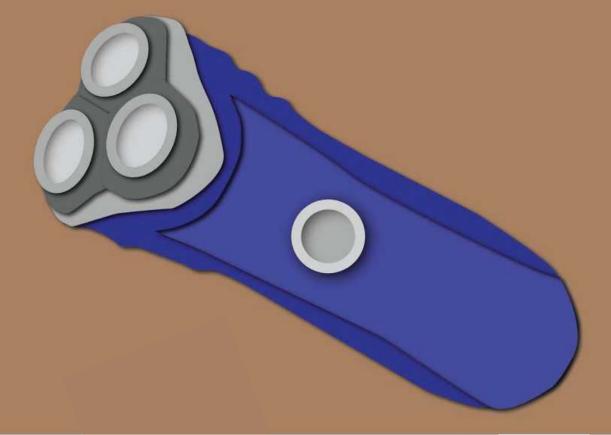
Saving People Money Since 1936

... that's before there were battery operated razors.

GEICO has been serving up great car insurance and fantastic customer service for more than 75 years. Get a quote and see how much you could save today.

geico.com | 1-800-947-AUTO | local office

GEICO



Game Changers

Gearup forgetting outside

It's warming up, and days are longer, but it could all change in an instant. That's why spring adventure calls for all-conditions equipment.

By Peter Koch Photographs by Jarren Vink



Columbia OutDry EX Diamond Shell

This high-tech rain jacket is sort of like your old one, only turned inside out. Most shells use a layer of fabric on the outside to protect the delicate waterproof membrane beneath it. But that fabric tends to take on water, and while it won't ever hit your skin, it does leave you feeling cold and clammy. Columbia has put an abrasion-resistant, waterproof membrane on the outside and a comfortable wicking fabric next to skin to create a rugged, hikeready jacket that won't wet out or feel damp in an alpine cloudburst. \$400, columbia.com







HOKA ONE ONE Tor Ultra Hi WP

Hoka, the brand that disrupted the running-shoe industry with its plush, freakishly light-weight "maximal" shoes, is back with a pair of hiking boots that practically float. Comfortable straight out of the box, these boots blend featherweight running shoe cushioning with grippy Vibram outsoles and a supportive yet supple upper made from leather and nylon. At only a pound a pair, they help you go the extra mile on the trail and still be confident in your footing. \$230, hokaoneone.com



Boreas Gear Reykjavik Series Lagunitas Pack

Finally a rugged pack that can keep pace with you in the bike lane, on the trail, or at the office. The Lagunitas was purpose-built for bike commuting, with reflective elements, a water-proof top pocket, and daisy chains for lights. It has a built-in hydration sleeve and even stops sweaty-back syndrome by keeping pressure off your body. Boreas also makes a more urbane version with a technical gray cotton-blend canvas that's trail tough. \$140, boreasgear.com



Julbo Aero Sport Sunglasses

The best sunglasses are the ones you forget you're wearing. Julbo's newest sport shades have a barely there frame that tips the scales at less than an ounce, with wrap-around, wide-angle coverage. The highperformance photochromic lenses-with minimal attachment points and full vent-ing around them-adjust quickly and seamlessly to changing light conditions, giving you a laser-sharp view of the road, ski slope, or trail ahead. \$180, julboeyewear.com





CREATE YOUR DREAM JOB.

According to a Harris Interactive survey, 55% of working adults are in search of a new profession. So why not turn your passion for fitness and nutrition into your own business? We carry the top brands and the latest nutritional supplements with a low price guarantee. The right concept, the right opportunity, the right time. Open a Nutrishop today!



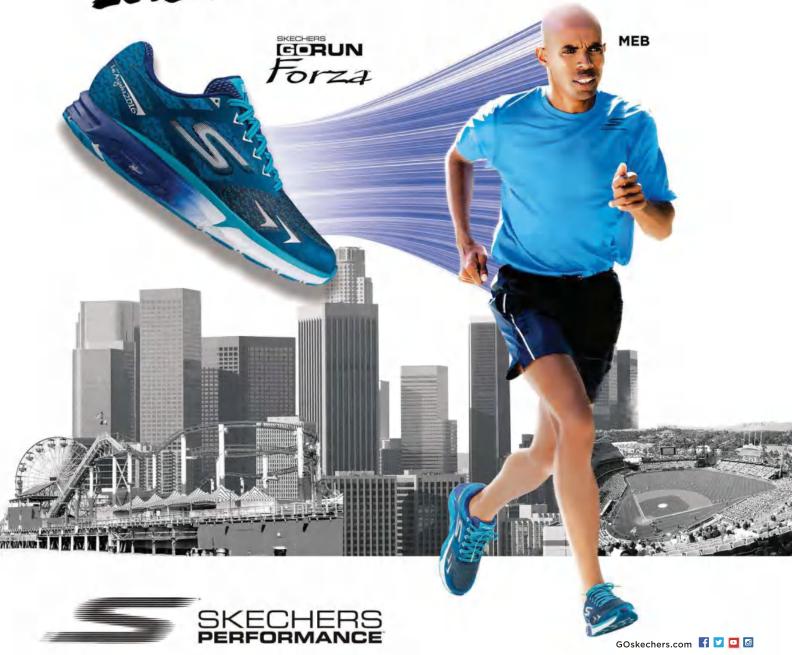




Title Sponsor of the



26.2 MILES OF GREATNESS



One-step wonders What do you get when you use an old-fashioned slow cooker to whip up healthy, hearty recipes that require just one-yes, one-easy step? Cheap, simple, supernutritious meals that practically make themselves. By Don Orwell Photographs by William and Susan Brinson Lemon roast chicken. Everything goes into the same pot and cooks at the same temp.



To most guys, a onestep meal is a microwaved Hot Pocket or frozen pizza-but that's all about to change. With these

healthy one-step recipes, you simply drop your favorite protein and veggies into a slow cooker in the morning, press "cook," and come home at night to a hot, juicy chicken banquet or robust meatball stew. These guilt-free dishes are packed with rich flavors but contain not an ounce of butter. cream, or fake processed food—so calories stay low while nutrients soar. There's never been an easier—or healthier—home-cooked meal. Sorry. microwave, it was fun while it lasted.

Your one-step primer

One-step meals are less about following a recipe than about knowing a simple set of rules. Read this, then go create your own one-step combos.

Cheap meat is OK

■ Tough, inexpensive cuts of meat actually get tender and juicy after cooking for a long time. While lean cuts are better for the stove or grill, any meat will turn out great in a slow cooker.

The slower the better

The longer a food cooks, the more intense the flavors become. A veggieonly dish can be cooked on low in as little as four hours; for meat the larger the animal, the longer it needs to cook Beans will take as long as beef.

Fish goes fast

Seafood can cook in two hours or less on high: never cook mussels in a slow cooker for longer than

Some veggies melt

Root and cruciferous vegetables are hearty enough to withstand eight hours on low, but vegetables like tomatoes, onions, and mushrooms will eventually melt and turn into sauce Leafy greens will wilt if added too soon

Broth turns stew into soup

A bit of broth or tomato naste hoosts a dish's flavor, but know that it won't boil down the way it would in a saucenan In other words, you need only around a half a cup. More liquid (two to three cups) is sometimes needed for beans and grains like rice and quinoa.

Oil isn't essential

You don't need much oil-just two tablespoons will cover the bottom of the pot before cooking.

Thickeners turn soup into stew

For a thicker stew add a tablespoon of gluten-free flour like almond flour or cornstarch 30 minutes before serving.



Certain ingredients are better as a finishing touch

■ If a recipe calls for dairy products leafy greens like spinach, or fresh herbs like mint, basil, or dill, add them near the end of cooking. Add them too early and overcooking will diminish the flavor.

Breakfastis better slow, too

Slow cookers transform oatmeal. Add steel-cut oats, dried fruits, cinnamon, and some milk before bed and wake up to the best hot cereal you've ever tasted

Don Orwell is the author of Crockpot Dump Meals.

Save even more time by building several meals beforehand

→To speed up the week's prep, shop for and chop up a week's worth of ingredients and put them into separate zip-top bags for freezing.

First toss in the main veggies (celery, carrots, onions, leeks, garlic, ginger) and some salt and pepper. Next, add your protein, including beans if you're using them. Finally, add seasonal veggies like cauliflower, green beans, broccoli, and red and yellow bell peppers.

GO SLOW! **EASY ONE**

Gotta love recipes this easy to follow

RECIPES SERVE 4-6

Lemon Roast Chicken

INGREDIENTS

- lbs whole chicken. skin removed
- 2-3 cups diced carrots turnins. or parsnips
- tsp dried oregano
- tsp minced garlic
- 2 tbsp coconut oil
- cup water
- 3 sprigs rosemary
- tbsp lemon juice (for a stronger flavor, add when cooking's done) Salt and pepper

DIRECTIONS

Add all ingredients to Crock-Pot. Cook on low7to8hours.

Meatballs with White Beans

INGREDIENTS

- (26-32 oz) bag frozen meatballs
- then coconut oil
- sprig dried thyme
- (15 oz) can white navv beans. drained and rinsed
- cups beef stock
- large onion, chopped
- bunch parsley, chopped
- cup chopped carrots

DIRECTIONS

Salt and pepper

Add all ingredients to Crock-Pot. Cook on low7to8hours.

Slow-Cooked Pork Loin

INCDEDIENTS

1½ lbsporkloin

- 1 cup tomato sauce
- 2 zucchini, sliced
- head cauliflower
- 1-2 tbsp dried basil Salt and pepper

DIRECTIONS

Add all ingredients to Crock-Pot. Cook on low7to8hours





Pecs

Add a half-inch to your chest with these training tips

By Sean Hyson, C.S.C.S. Photographs by James Michelfelder

Tank: PITBULL Shorts: RYU Sneakers: PUMA Want it? See page 126. There's more to chest training than just presses, flyes, and cable crossovers done week after week—but that's the only approach most guys know. Allow us to shed some light on the science of building muscle so you can attack your pecs with a more precise strategy—one that could add up to a half-inch of muscle in four weeks.

appeal



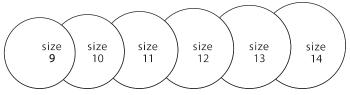
THE PHANTOM TWO-TONE

'PHANTASTIC VALUE PHENOMENAL QUALITY'

Phantom Watch: \$199 - Oxford Ring: \$129 - Set Price: \$289 (Save An Extra \$39) + S&P

The Daniel Steiger Phantom Two-Tone. Engineered from premium grade 316L steel with a 18k yellow gold fused two-tone finish, the words "designer styling" really could have been invented for this timepiece. A Precision Chronograph Movement featuring 24 Hour, Stop Watch, Seconds and Minutes Sub-Dials and date window are displayed on the multilevel face. To accompany this magnificent watch

we felt only the best, solid 925 sterling silver was suitable for our Oxford ring. Plated with two-tone 18k yellow gold and rhodium in both polished and matt finishes, this ring is guaranteed to impress. At the centre of each ring is one of our flawless 3 carat brilliant created Diamonds. Now available direct from the manufacturer at the astonishingly low price of \$199 - A saving of \$596 on the retail price of \$795 That's **75% OFF**.



ORDER YOURS TODAY! TOLL FREE 24/7 ON 1-877 550 9876

AND QUOTE PROMO CODE: MF62TT





TIP NO. 1 Slow Down

while the term pumping iron is ubiquitous, it's a fairly poor description of how properly executed repetitions are performed. Mechanically pumping out your reps allows you to rely on momentum and the stretch reflex to lift the weight, rather than forcing the muscles to work their hardest to do so.

Lower the weights on presses and flyes with a slower cadence and perform the lifting motion with power. A review in The Journal of Strength and Conditioning Research found that muscle gains were maximized when the lowering phase of a

rep takes two to four seconds and the upward phase lasts one to three. Additionally, a 2015 study from Sports Medicine found that muscles grow with rep durations up to eight seconds.

TIP NO. 2 Go Heavy, Go Light

It seems that with chest training especially, guys fall into one of two camps. They're either always loading up the bar to bench-press as heavy as possible, or performing high reps on machine or isolation exercises, denying their muscles the intensity of training heavy. Don Saladino, owner of Drive495, a training facility in

Two irresistible flavors



New York City that serves celebrities and athletes (*driveclubs .com*), says that you need to mesh both approaches. "You can develop a bigger chest by lifting heavy weights, which work the type II muscle fibers, and light weights, which hit type I fibers."

This can be done by training chest twice per week, with a heavy stimulus one day and what Saladino calls a "pump day" four days later. Note that these workouts must be spread out for optimal recovery. On the heavy day do low-rep sets of bench presses, and on the pump day work your machine presses, flyes, and other isolation moves.

See a sample fourweek chest program Saladino designed based on these principles at mensfitness .com/4weekchest.

TIP NO. 3 Deload to Reload

Nobody can go allout all the time. When you feel your performance beginning to suffer, or you just need a break from hard training, throw in a deload week. Deloading is a short period of reduced training intensity designed to lower injury risk and promote recovery for better gains to come. It's not optional. "Deloads give your joints a break from the pounding of heavy weights," says Saladino. "You also need

them when you have adapted to a program and you're not seeing any more gains."

There are several

ways to implement a deload. You can cut the volume you do in your workouts in half for a week-so if you were doing 20 sets in a session, perform only 10. You can also reduce the loads you lift, using only 60-70% of the weight you used in the previous week's workouts. Or Saladino says simply begin a new program with lighter loads and focus on higher repranges. In short, take it easy and come back stronger.



For more training tips and workouts, go to mensfitness

HARD FACTS OUR TRAINING DIRECTOR, SEAN HYSON, SOLVES

DIRECTOR, SEAN HYSON, SOLVES YOUR WORKOUT CONUNDRUMS "What should I eat after a workout to get the best insulin spike?"

PRADEEP R., LANTANA, FL

It's time to clear up one of the biggest misconceptions about post-workout nutrition. It's been (correctly) reported that your body needs a rise in insulin to drive protein and carbohydrates into the muscles to help them recover and grow. Starchy foods accomplish this, which is why rice and potatoes are staples in any bodybuilder's diet. But here's the funny thing: The one time of day you definitely don't need to boost insulin is immediately after a weight workout.

weight workout. Research from the Journal of Applied Physiology has shown that muscle contractions facilitate glucose transport into muscle cells, essentially mimicking the work insulin does. In other words, lifting primes the pump for you, so you don't need a sharp rise in insulin to get nutrition into the muscles.

So, rather than spend money on fancy post-workout supps that spike insulin, eat a piece of whole fruit. Fast-digesting carbs are still important after a work-out because they halt muscle breakdown, so a mere banana will get the job done.

Sean Hyson, C.S.C.S., is the Men's Fitness training director and author of 101 Best Workouts of All Time, 101bestworkouts.com.

under 200 calories.

I don't like the way people are looking at us.





Most vacation passenger ships use Disney musicals and endless buffets to make you forget

you're out on the open ocean. ¶ Then there's expedition cruising, in which the boat is simply a vehicle to get you as close to adventure as possible—chasing orca pods, watching glaciers calve, even heading off on daylong hiking or mountain biking missions. ¶ Offered by just a handful of firms, these voyages transport you on ships small enough to slip through narrow straits into pristine, "Love Boat"free coves but cushy enough to always have a bartender or resident naturalist on hand.



GLACIERS AND GRIZZLIES

Alaska

■ The 36-passenger Safari Explorer and 60-passenger Wilderness Adventurer. used during Un-Cruise Adventures' eight-day Discoverers' Glacier Country trip, are basically mother ships. sending kavakers out to paddle among the tufted puffins, sea lions, and jettisoned glacier bergs. Alaska has a tendency to make one feel pretty small, and it's no different here: It's not uncommon for a kayaker to witness Dawes Glacier releasing a 10-story-high block of ice into the waters of the Endicott Arm, or a paddleboarder to spot a young male grizzly bear searching for salmon off Baranof Island. During your downtime, you can enjoy a sunrise yoga session, talks by a naturalist, or Alaskan microbrews in the library before your dinner of locally caught halibut steaks.

From \$2,995 per person, un-cruise.com

JURASSIC WORLD Galápagos Islands

Most of us think of the Galápagos as remote, prehistoric-feeling, lizard-laden islands off South America, but they're so much more than that. There are few places in the world better for wildlife spotting-both on land and underwater-so snorkeling and diving around the islands are particularly exciting. During the 11-day Galápagos Island Explorer cruise, guides from O.A.R.S. will lead you on ocean excursions that get you up close and personal with bat rays and marine iguanas; on kayaking forays, you'll paddle among the penguins and sea lions; and during hikes on dry land, you'll walk within feet of red-footed boobies and 200-yearold wild tortoises. For a stark contrast, embark on a rugged trek up the volcanic cinder cone overlooking the barren caldera, then deep into the lava tubes. From \$4,795 per person,

oars.com

PACIFIC NORTHWEST WILDERNESS

Washington

Puget Sound is best accessed from the sea, as the native Coast Salish nation has demonstrated for millennia. During Un-Cruise's eight-day Olympic Wilderness & San Juan Islands adventure, vou'll disembark often to hike deep into Olympic National Park's

temperate, waterfallstrewn rainforest or to explore empty coves in the archipelago (like Sucia Island Marine State Park) via kavak or SUP. You'll paddle a bit harder as you cruise beside the resident orca pod, but no worries: The whales are much more interested in wayward seals and the summer salmon run than they are in you.

From \$4,795 per person, un-cruise.com



REMOTE CANADIAN OUTPOSTS

■ During your 10-day

Nova Scotia

Fast Coast Maritimes: Fins and Fiddles trip, which traverses Canada's eastern maritime provinces, your home will be the 384-foot Russian icebreaker Akademik loffe. First stop: Sable Island, a deadly sandbar that's been responsible for more than 350 shipwrecks and is approachable only by small inflatable craft. But making landfall each day is the primary objective of this itinerary, as the ship is loaded with mountain bikes, kavaks, and expert guides. Once you disembark, head off to trailheads in moose-filled Gros Morne National Park, or set off to bike through the hillocks and salt ponds of Québec's Îles de la Madeleine, with a pit stop in former fishing village La Grave for a moules-frites (mussels and fries).

From \$2,995 per person, oneoceanexpeditions.com







Turn yourself into a whiskey pro with three expertly chosen trios to try-and the tasting tips that will help them shine By Brian Good Photographs by Levi Brown

Mark Twain once quipped,

"Too much of anything is bad, but too much good whiskey is barely enough."

That's truer now than ever. Inspired by distilling technology medieval monks brought to Ireland-the first recorded mention of the spirit was in an Irish history book from 1405-whiskey recently replaced vodka

as the top-selling spirit in the U.S. And its popularity continues to grow.

"We're in the middle of whiskey's golden age, with more brands and varieties available than ever before," says spirits expert Noah Rothbaum, author of The Art of American Whiskey.

One of the best ways to enjoy the trend-and educate your palette in the process-is to try a whiskey flight, he

says: "Wine lovers have been doing back-toback comparisons for decades, but the whiskey flight is fairly new."

With that, we asked Rothbaum to create three custom flights to try at home with friends, each progressing in flavor and complexity.

But before you even think of lifting a glass, here are the basic tasting rules to follow to get the most out of each sip:

1) Pour lightly. Don't fill your glass-you want an ounce or two at most.

2) Swirl the whiskey so it coats the glass, then breathe deeply with your nose about an inch from the liquid. Open your mouth as you inhale to let the alcohol fumes escape so you can better discern other flavor notes.

3) Add a splash of water to your glass. Seriously. Even a few drops will help reduce that familiar burn

you get from the alcohol in the whiskey, enabling you to pick up the other subtle flavors present.

4) "Chew" your drink. Roll the liquid around in your mouth, exposing it to your entire tongue so you can pick up each unique flavor.

5) Breathe through your nose as you swallow so that the fumes rise up into your sinuses-the best way to appreciate the spirit's finish.





You're finally making real money. We'll help you make the most of it.

You've come a long way since college and finally have the paycheck to show for it. But all those zeros at the end of your salary can be deceiving when you're spending it as fast as you get it. Insights by Regions can help you separate your wants from your needs and set yourself up for financial success.

Find Balance in Your Budget:



Our Household Cash Flow Tracker can help balance your fixed monthly bills with your variable expenses.

Deal With Debt:



Student loans? Credit cards? See how grace periods and consolidation can help you prioritize and minimize your different debts.

Get more tips and tools for making your money work as hard as you do at regions.com/newjob.





Watch how Regions helps real people manage their money and confidently take the next step at

regions.com/nextstep







Bigand Bold

Wild Turkey Master's Keep Kentucky Straight Bourbon

■ By moving its barrels of bourbon between wood and stone warehouses, Wild Turkey (unwittingly) maximized the butterscotch and brown butter flavors that allow Master's Keep to taste significantly younger than its 17 years. \$150

Hibiki 21 Years Old Japanese Whisky

■ This is the gold standard of Japanese whiskeys-rare and dangerously drinkable, thanks to flavors like caramelized nuts, dark toffee, and oak. \$250

Hillrock Estate Distillery Single Malt Whiskey

■ Hillrock prides itself on tradition, distilling its single malt with tech that dates back to A.D. 800. The overall taste is grain and more grain—think toasted Cheerios with a hint of smoke. \$100

Refreshingly Complex

Blanton's Original Single **Barrel Bourbon Whiskey**

■ This exceptionally smooth spirit helped kick-start America's whiskey renaissance when it was launched in 1984 as the world's first single-barrel, small-batch bourbon. Look for hints of burned sugar and cloves as well as orange peel, nuts, and light chocolate as you drink. \$50

Rittenhouse Rye

A repeat award winner, Rittenhouse tastes great neat, on the rocks, or in cocktails. Notice the peppery, leatherlike scent as you pour and the combination of caramel, red pepper, and vanilla flavors that mingle in each sip. \$28

The Glenrothes Vintage 2001 Single Malt Scotch

■ Distilled back when Beyoncé was still a fresh-faced member of Destiny's Child, Glenrothes 2001 single malt has a "nose" that smells of orange. cherry, and caramel; while the "mouth" combines vanilla, charred wood, and the spice and sweetness of cinnamondusted fresh fall apples. \$70

Smooth and Easy

Mister Katz's Rock & Rye

■ Imagine a batch of your favorite Old Fashioneds dumped in a bottle and ready to chug, with the taste of tart citrus, sour cherries, and a hit of cinnamon heat. All that's missing is a final dash of bitters. \$27

Compass Box Great King Street Glasgow Blend Scotch Whisky

An ideal entry-level, beforedinner Scotch, this blend combines grain and malt whiskeys. The resulting mixture is then aged twice, in two different kinds of barrels-the first providing that familiar note of oaky, peaty flavor, and the second bringing in a light, sweet finish that's similar to a fine sherry. \$46

Redbreast 12-Year-Old Irish Whiskey

 A very traditional Irish whiskey, Redbreast's 12-year is rich, spicy, and very smooth, with a subtle fruit flavor combining hints of apple and pear. Look for a slightly nutty smell when it's first poured and a creamy, custardlike taste at the end of each sip. \$60





Glen Powell, the king player in Scream Queens, is headed into battle

Photograph by Jeff Lipsky

The Guy

■ Anyone who thinks the red-Solo-cup-holding frat boy has become a Hollywood cliché hasn't experienced Glen Powell's delightfully douchey Chad Radwell on Scream Queens. And when you're a gentleman in real life, playing a jerk has its perks. "All these girls on the show are big upand-coming stars," says the 27-year-old actor, referring to the likes of Emma Roberts and Lea Michele. "Getting to break up with them over and over is pretty fun."

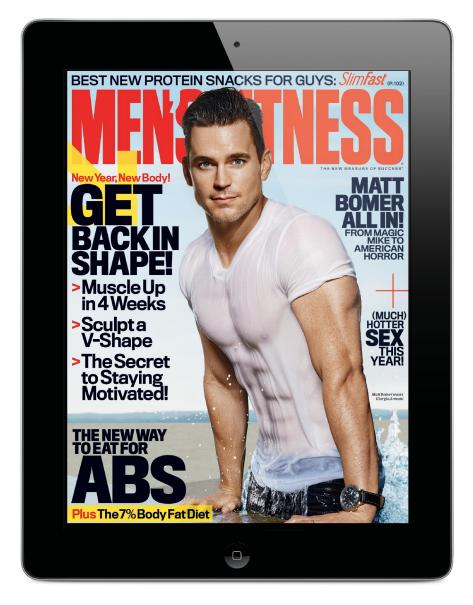
2016 is a breakout year for him, with roles in the Dazedand Confused sequel, Everybody Wants Some, and in Sand Castle, set in war-torn Iraq in 2003. His role in the latter, as a loud and proud Texan, required Powell to pack on 20 pounds in three weeks. All it took, he says, was a suitcase full of protein powder and some advice he got from Sylvester Stallone on the set of The Expendables 3: "Just get your forearms and traps to bulge and you'll look massive on camera," he told him.

The Clothes

■ Immune to wrinkles, Nautica's sleek Tech Blazer has you covered from a weekend getaway until the moment you walk into work Monday morning. "It works with dark denim or a pair of slim dress chinos," says Nautica's VP of Global Men's Design, Steve McSween. "And water-resistant fabric protects you from a light drizzle." Powell lamented that he didn't pack it while shooting Sand Castle. "It's one of those chameleon suits that help you fit into any scenario," he says. - MARTIN MULKEEN



GET MENS FITNESS TO GO!





Available on iPhone[®], iPad[®], Kindle Fire^{TM}, Nook^{TM}, Kobo^{TM} and Android tablets and phones.









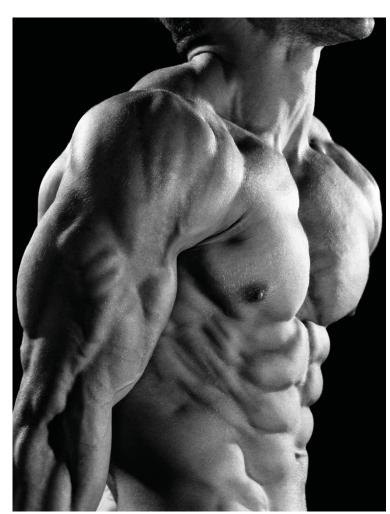












THE SIMPLE, SCIENTIFIC PROGRAM TO GET LEAN IN

DAYS! THE 21-DAY SHRED APP

GET SHREDDED SUPER FAST!

- EAT MORE FOOD
- · SHOCK YOUR MUSCLES
- · BUILD THE COVETED V-SHAPE
- · BURN FAT FASTER

DOWNLOAD THE 21-DAY SHRED IPAD AND IPHONE APP NOW! ONLY \$4.99





VISIT MENSFITNESS.COM TO DOWNLOAD TODAY!



Want high style that keeps a low profile? It's all about the mix.





BEARD

THERIGHTSCRUFF

Rocking a beard requires more than just letting it go

BY BARRET WERTZ PHOTOGRAPHS BY GREG BROOM



PRORASO

Beard Hot Oil

Once a month, treat your beard to a hot-oil regimen that will condition even the scratchiest growth.

\$16, sephora.com



BEARD GUYZ

Beard Daily Wash 35

■ Beards hold onto a lot of gunk-keep yours clean and hydrated with this all-natural wash.

\$14, beardguyz.com



Luna 2 for Men

This face cleanser uses 8,000 T-sonic pulsations per minute to lift dirt and oil from clogged pores.

\$199, sephora.com



Fusion ProGlide Styler

■ Three length attachments allow you to switch between distinguished gentleman and Grizzly Adams.

\$24, gillette.com



Beard Comb

Carry this compact comb for pulling off that big-andbushy look or for applying beard oil.

\$35, tomford.com



Beard Oil

Apply this vitamin Eenriched daily oil to keep your facial hair smooth, silky, and healthy looking.

\$25, jssloane.com





YOU'RE MEETING HER DAD.

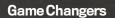
AND ALL HIS WAR MEDALS.

GET YOUR EDGE®



He's going to remember your face, one way or another.

Our lubricating molecules enhance razor glide for a smooth shave with less irritation.





SHAVE

SMOOTH MOVES

Banish nicks, bumps, or razor burn with these state-of-the-art shave essentials



Sandalwood Pre-Shave Oil

Pre-shave oil conditions the skin and softens stub $ble\,by\,preventing\,the\,blades$ from catching or nicking. \$25, theartofshaving.com



Shave Lather

■ Dollar Shave Club's rich shave cream uses a four-oil blend for natural enrichment and a gel-like glide. \$8, dollarshaveclub.com



Sensitive Pro Relief Shave Gel

Superslippery lubricating molecules and conditioners reduce friction and nicks.

\$3, edgeshave.com



Hydro 5 Razor

It's like your old Hydro
Razor but with an extra-wide gel reservoir and a reduced blade span.

\$10, schickhydro.com



Water Lotion

Old-school aftershaves dry out your skin; this water lotion hydrates while also balancing your natural pH. \$33, labseries.com



Post-Shave Cooling Lotion

Need an extra boost of moisture? This lotion does the job and protects skin from daily grime.

\$10, americancrew.com

All Access

EVENTS.CONTESTS.PROMOTIONS



WEAR IT

STEP INTO SPRING WITH SOME ADDED SWAGGER

This season's must-have features a twist on a classic: supple suede desert boots hand-steeped in acrylic paint by Brooklyn design studio, DIPT.

swagger.nyc/dipt



THE 21-DAY SHRED APP GET SHREDDED SUPER FAST!

This simple, scientific program gets you lean in 21 days. Eat more food, shock your muscles, build the coveted V-shape, and burn fat faster on this easy to use app.

Download the 21-DAY SHRED iPad and iPhone app now! ONLY \$4.99.

Visit mensfitness.com to download today!

TRY IT

THE #1 DRUG FREE HAIR GROWTH SUPPLEMENT IN THE U.S.

Take just 2 pills of Viviscal® Man a day to promote thicker hair in as little as 3 months. Get 10% off at www.ViviscalMan.com or call 800–323–0743. Discount code: MFMARMP1



#1 in the U.S. based on IRI MULO data for 52 weeks ending October 4, 2015. The statements made in this advertisement have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



MUSCLETED PRINCIPINATE WORDLAND HARDCORE NEXT GENERATION WEST MISS OF EXTREME SUBSOR MISS OF EXTREME MISS OF

TRY IT

HYDROXYCUT HARDCORE® NEXT GEN 20% BONUS -FREE

All-new Hydroxycut Hardcore® Next Gen delivers an intense sensory experience with a never-before-seen combination of unique ingredients like Scutellaria, Ophiopogon, guayusa and Coleus. Get more from your workouts for less – get 20% more for free with the new 120-count bonus size, only available at Vitamin Shoppe.

muscletech.com









Because, trust us we'd all rather sleep in or watch Walking Dead marathons If you're one of the more than 53 million people doing free-lance work in America today—or even just a dude savvy enough to get your boss to occasionally let you "telecommute"—you know as well as I do that it can be hard as hell to get things done in your own personal dojo. \P There are good days, of course, when you savor being your own boss,

enjoy your insane wealth of privacy, and manage to motor through tasks with a Jedilike focus. But on the bad days, the distractions mount, procrastination rears its ugly head, and you inevitably get through little more than a solid Netflix binge session. ¶ Believe me, I know. Ever since I left my tech-support job and went solo more than a decade ago, I've been working hard to build my own media company. It all began with small segments talking tech on the radio; I eventually worked my way up to the national stage, not only writing for *Men's Fitness* but also appearing regularly on CNN as well as NBC's *Today* and other daytime talk shows. ¶ And somehow I've managed my whole new career from my home office. ¶ If you're thinking about joining the gig economy, you won't be alone: Those 53 million freelancers I mentioned before are projected to make up 50% of the labor force in 2020. And because I've spent years honing what I consider the perfect system for working remotely, I promise that with these simple tips, you'll stay on track, boost your productivity, and ultimately stay sane.

RULE NO.

Set in stone the time and the place

Sure, you can roll out of bed at noon, sit in front of your computer without taking a shower, and start churning out e-mails. But that doesn't mean you should.

Your first step to becoming a killer telecommuter is re-creating office hours. It's important to maintain the same rhythm you had in your commuting life and bring a semblance of balance to your homeworking life. So I'd encourage you to make it a goal to get everything done by, say, 6 p.m., and only then peel off to meet the guys for a drink at the bar.

Or if you know you get your best work done in the morning, make sure you're getting up extra-early, and maybe you can



by Mario Armstrong

finish your workday by early afternoon.

(Interestingly, a 2011 study in *Thinking & Reasoning* found that solving insight problems—i.e., getting a "flash of brilliance"—is actually easiest at a person's non-optimal time. Night owls tend to come up with insights in the a.m., and early birds at night. So consider figuring that into your scheduling.)

When you've got your hours set, then create a workplace. Of course, this can be as simple as putting a desk in the living room, as long as you don't wake up in the morning and have to decide where you're going to work.

And the more set apart the work area is, the better: If you've got papers on the coffee table and a laptop on the bed, you'll start to feel like work is everywhere and you can't escape it. So choose one space as your work zone and own it.

RULE NO. 2

Shower power: Reboot your day when things go bad

No worker in any profession likes to have a bad day; it happens to the best of us. But when you have a bad day as a free-lancer, it's especially awful, because it's easy to sink into a funk in the confinement of your own apartment than at an office, near compassionate colleagues.

Whenever this happens, I find it helps to "reset" my day and start all over again. For instance, I take advantage of the fact that I'm at home and hop in the shower. That might sound crazy, but hear me out: There's something about going through the process of starting your day all over again—physically washing off the stress, putting on some new clothes, and sitting down for a second time that can help get a bad business taste out of your mouth.

RULE NO. 3

No cat videos! (Or any other kind.)

Without co-workers, a boss, and an IT department watching over you, it's easy to get distracted by "just one more" YouTube video or the endless wall of junk-food links on your Facebook feed. To keep myself focused, I turn on the Freedom app, which allows me to block websites that can serve as distractions while still allowing me to do research and get things done.

Or if you really need some space, you can block the Internet completely for a set period of time to focus on your work.

RULE NO. 4

Be prepared to feed your face

You never want to stop to figure out where your next meal's coming from, so make sure you've got easily accessible foods you can eat to keep yourself fueled.

In my pantry, for instance, I keep boxes upon boxes of quick snacks—granola and energy bars, mostly—that I can substitute for a meal in a pinch. For when I need a bit more, I make sure to keep the freezer well stocked with frozen fruit so I can whip up a nutritious smoothie in minutes and get back to work without having to sit down and take an extended break to eat.

Plus, eating a few extra lunches at the home office each week will save you thousands of dollars over a year.

RULE NO. 5

Tell everyone to ignore you

I'm married to my business partner—my wife is the CEO of our company, and I'm the lead on creative projects. The arrangement can be tough, as we're often sharing the same space. We manage this by establishing a ton of rules about how we manage our space and time.

The first is that, when we're working, the other person doesn't exist. If I see my wife in the office plugging away at her keyboard—or she finds me in the basement setting up a video camera—we don't so much as acknowledge each other's presence. If I want to talk to her during business hours, I set a meeting with her as if I would a future client. We e-mail each other despite the fact we're only in separate rooms.

You can put this tip into practice even if you're not married—just make sure you set strict boundaries with roommates that, whenever you're working, they respect the fact that you're still "at the office" and not available to grab a beer and hang.

Finally, there's one rule my wife and I have had for more than a decade that I believe is more responsible than anything else for keeping our marriage alive: no work talk in the bedroom. It's all about mindset, structure, and focus—with the right combination of elements, you'll be more productive, have more free time, and never have to settle in any aspect of your work-life balance.

Mario Armstrong, a digital lifestyle expert, appears regularly on NBC's Today and CNN.



Earn It!



The easiest way to double your bankroll. How to make saving simple. And why a \$1 hot dog now could cost you \$1,000 later, from superinvestor Christopher Davis. Every time I speak with Christopher Davis, chairman of Davis Advisors, I walk away with a clearer understanding of things I thought I already knew. That's a big deal to me because I've interviewed hundreds of successful finance pros in the past 15 years, and—while I'm always impressed by their knowledge—I've recently been disturbed to find that many of them have

lost sight of the basics. ¶ But not Davis. He's taught me, for example, to avoid overly complicated approaches to investing because, after all, "complicated" almost always costs you more in the end. By presenting a shorter route to the truth, Davis helps guys like me—and you—make the best decisions. ¶ And he's not some shaman, sitting isolated on a mutual-fund mountaintop. He's in the thick of it—close with Jeff Bezos since he read the Amazon founder's first annual report, and friends with Warren Buffett, whose job he got when Buffett left as lead director of *The Washington Post*.

Davis is also the rare CEO who finds ways to give some back—seldom found in a business that defines "innovation" as new ways to separate investors from their money. Coming out of the financial crisis in 2009, he actually lowered the fees on his firm's mutual funds, a selfless gift to battered shareholders that he announced with all the fanfare of...a footnote. A financial columnist who actually read the small print broke the story in *Fortune* and concluded his column by writing: "So there it is: Wall Street acting good. Next on the agenda: looking West to see the sun rise."

But in 2015, after years of booming postcrisis returns, the bull market showed its age by turning in the stock market's worst performance since 2011. So in '16, Wall Street is working even harder to separate us from our money. That's why I decided to catch up with Davis and learn from him what I wish I'd learned in my 20s.

Save now and get "sneaky rich"

For a healthy guy in his 20s, it's very difficult to imagine ever retiring, much less seeing any urgency whatsoever to start squirreling away cash for a rainy day that's, well, 40 years off. After all, you're still struggling to fork out for that second Tinder date or re-up your Crunch membership. But thanks to the math of compounding, these early years are by far the most important for your retirement. And in one way, says Davis, taking care of your financial fitness is much easier than your physical fitness.

"If you stop eating well and exercising when you're 40, you're going to be miserable and out of shape at 60," Davis says. "But if you start saving in your 20s, you can stop in your 40s and have a way better outcome than if you start in your 40s and save religiously into your 60s. The math on that is so powerful."

He's right; in fact, I did the math when I wrote a book on this: If, from age 20 to 30, you save \$3,000 a year, then never save another dime, you'll retire with a nest egg of around \$750,000, assuming 8% annual returns. If you wait until age 35 to start saving and put that same \$3,000 away each year for 30 years at the same rate of return, you'll retire with less than half as much—about \$370,000. So get as close to maxing out your 401(k) now as you can. Your compounding savings are like a snowball



by Jack Otter

rolling down a hill: The larger it gets, the more surface area it has for snow to stick to. Huge gains come when it's been rolling for a long time.

Go cheap, go simple

Follow two rules when it comes to investing: Keep it cheap, and keep it simple. You won't go wrong with passive index mutual funds or exchange-traded funds, which charge next to nothing and own every stock in the market.

"You're buying a fractional share of Starbucks or a fractional share of Nike," says Davis. "So every year as they sell more shoes, they earn more money, and you've got a percentage of those earnings." But most actively managed funds that try to beat the market fail.

And though Davis New York Venture Fund, the company flagship, had some rough years before 2015, it outpaced the S&P 500 and competitors last year, and investors who've stuck with the fund for more than 15 years are well ahead of the market. If you forget everything else you read here, remember this: There are no "strategies" or "systems" that will let you trade stocks and come out ahead in the long run.

"There's an old saying in Vegas," Davis says. "We send limos for guys with systems."

Don't buy that dollar hot dog!

To have money to save, of course, you'll need to keep your spending in check.

"We live in a consumer economy that teaches us that we're depriving ourselves if we save instead of spend," says Davis. "But if I were writing a letter to a younger me, I'd tell myself to realize the enormous pleasure that comes from building financial independence. It's exactly like fitness—athletes will tell you that the more they work out, the more they take pleasure in it. They feel stronger, more confident; they perform better at work. And the same confidence you get from being physically fit, you also get from taking control of your financial life."

When, he says, his kids tell him they'd be so much happier in a \$50,000 car than a \$25,000 car, he tells them to look ahead four years and imagine that either way they've got an aging car. But if they bought the cheaper one, they'd have an old car and an extra \$25,000.

He tells the story of asking his grandfather for a buck to buy a hot dog. "And my grandfather said, 'Do you realize that if, instead of spending that dollar, you save and invest it, and you live as long as I've lived and earn the returns I've earned over a long career, that dollar will be worth \$1,000 by the time you're my age? Is a hot dog worth \$1,000?' There's so much in that lesson."

Pretty tough there, Gramps. But I did check the math, and found that \$1 compounded at 12.21% over 60 years equals \$1,004.37.

Aggressive but not impossible.

Be the one they can trust

Saving, in theory at least, is easier if you're earning good coin. Davis estimates he's met with 500-plus CEOs over his career, at companies ranging from boring Midwestern insurance firms to Silicon Valley highfliers. Again, he's on a first-name basis with Bezos and Buffett. I asked him which qualities distinguished the top performers.

"What makes people fail—and you see this in life outside the C-suite—is the inability to make a decision," he says. "The inability to be accountable or take responsibility, the constant procrastination, the idea that if I can just put this unpleasantness off a little bit longer, somehow it'll become somebody else's problem. So the unsuccessful ones tend to have more in common than the successful ones.

"But what the successful ones do share is they're people you'd trust to make decisions and to hold themselves accountable."

Whatever your goal, Davis recommends visualizing then analyzing it. Want to marry a great woman? Think about the qualities she'd look for, then strive to embody them. The same technique works at the office. What qualities does a great boss need?

"The best way to succeed is to be deserving of success," he says. "Being reliable, working hard, being the first to volunteer, being trustworthy.

It's very rare to see someone rise in an organization if all their peers think they're a terrible person." ■

Jack Otter is the author of Worth It... Not Worth It? Simple & Profitable Answers to Life's Tough Financial Questions.









Wakeuptoa brighter future

Morning till night, simplify, streamline, and soup up your daily life with these revolutionary new home products from "the Internet of Things"

In a world of selfdriving cars and smartphones with thumbprint scans. it shouldn't come as a shock to see marketers selling things like backyard "telegardens" tended to by green-thumbed robots, dog collars that alert you when your Labrador's running a fever, and toothbrushes that collect "hygiene data." But welcome to "the Internet of Things," or "IoT"—which, as silly and brazenly Jetsons-esque as it sounds, is the catchall term for all the new, Internet-enabled products that early adopters promise will populate our homes and ultimately make our lives easier. ¶ It's a movement that sprang to life with the 2011 arrival of Nest, the smart thermostat gobbled up by Google. \P "This is what happens when computers get so cheap you can literally put a chip in just about anything," says influential IoT designer Alexandra Deschamps-Sonsino. ¶ But, ever the skeptic with my wallet—especially when it comes to new tech—I decided to dive deep into the IoT wormhole, talking to experts and trying out new products, to see which futuristic items, if any, actually live up to the hype. What I discovered is that you don't strike gold with every gizmo-but if you sift through enough of these (sometimes gimmicky) products, you eventually find a few nuggets.



UNLOCK YOUR NATURAL POTENTIAL

You workout hard. Give your body the protein it needs to recover faster...stronger...NATURALLY.

Bodylogix proteins contain no artificial sweeteners or flavors, have no added sugar, are gluten and GMO free with a taste you will love.







bodylogix.com

































THE VODKA THAT NEVER LACKS STYLE.



SAVOR STOLI* RESPONSIBLY. Stolichnaya* Premium Vodka. 40% Alc/Vol. (80 proof). Distilled from Grain. Stoli Group USA, LLC, New York, NY ©2016 Spirits International, B.V. All rights reserved. STOLICHNAYA, STOLI, the associated labels & visual properties and the bottle shape are trademarks or registered trademarks of Spirits International, B.V.



ENTRY-LEVEL IOT

Lock (and unlock) your house, even when you're gone

Countless IoT products purport to improve home security—chiefly remote cameras and alarms. Frankly, I'm no fan of any of them, because they seem to fuel paranoia more than anything else. (Sure, you can see your apartment's being robbed, but what good is that unless the camera alerts the authorities immediately?)

So, instead of buying into one of the many CCTV systems out there, I'd suggest shelling out for the August SmartLock (\$199, august.com).

The SmartLock replaces your conventional deadbolt with a device that lets you lock or unlock your door using a smartphone, whether you're on the doorstep or 10 miles away. This is especially useful if you're renting your apartment out on Airbnb and want a temporary digital key for a guest, or need to unlock the door so your friendly FedEx guy can deliver a package when you're not home.

Best of all, August has a bona fide pedigree: It (along with other great items) was conceived by Yves Béhar, the renowned industrial designer behind the Jambox speaker and Jawbone headset, and has been successfully sold for two years. It looks good and is truly easy to install in about 15 minutes using just a standard screwdriver. The SmartLock also operates on standard batteries that need replacing only once a year. Plus, it has nifty features like Auto-Unlock, which geolocates you via your phone and opens the door when you approach.

And if you're dead set on keeping a watchful eye on your house, shell out for August's Wi-Fi-enabled **Doorbell Cam** (\$199) and **Connect box** (\$79) as well.

NEXT-LEVEL IOT

Give your pad some Vegas flash

Most major electronics firms have made ham-fisted attempts at creating IoT devices (see: Whirlpool's Web-enabled WTF washing machine). Philips, meanwhile, managed a seriously well-executed exception.

The Philips Hue lighting starter system (\$200, meethue.com) lets you turn ordinary lamps and lights into a light show worthy of the Vegas Strip. It comes with a control bridge and three smart LED multicolor bulbs; additional bulbs are available for about \$60 each. (Sure, that's pricey, but if it helps

to know, they're made to last around 15,000 hours, or more than a year and a half.)

Each bulb is individually controlled by the Hue app on your smartphone (free on iOS and Android), so you can turn it any color with just a swipe. You can preprogram the app to tweak the lighting at a certain time of day, or even to slowly brighten in the morning for a gentler "alarm" using the built-in Sunrise program. And if you're going away, you can set the bulbs to switch on or off to suggest someone's home.

You're not limited by built-in settings, either: With a few clicks you can create and store a custom "scene," so you can use your favorite team's colors to ramp up the spirit before a big game, or strike the right mood with sexy lighting after a successful date.

SENIOR-LEVEL IOT

Cut your cooking time and scare away bike thieves

With your home now secure and perfectly lit, you're ready to move from the basics to a couple of slightly stranger, but very useful, IoT innovations.

At first glance, the Drop Scale (\$99, getdrop.com), which pairs a weighing scale with an app on your Apple device, might seem like a gimmick. Look closer, though, and you'll find a clever kitchen gizmo that makes cooking such a no-brainer you'll have no excuse for blowing your eating regimen on lazy take-out.

Here's how it works: Choose a recipe from the hundreds available on the Drop app. (The company's also working on app tweaks to allow users to add their own.) As you add each ingredient to a bowl you place on top of the scale, the app will signal you when the right quantity has been reached—no measuring spoons or cups required. It can even suggest a simple substitution if you're out of an ingredient or, if you have less of something than the recipe calls for, recalibrate all the measurements to go with it. It's programmable, too, so you can cook one meal or an entire week's without fiddling with calculations.



TRUST US: COACHELLA
HAS NOTHING ON A
HOUSE THAT'S BEEN
DECKED OUT WITH A PHILIPS
HUE LIGHTING SYSTEM.



And, bonus: The firm just added cocktail recipes—so once dinner's in the oven, use Drop to mix the perfect aperitif, then sip, smugly, as you wait.

The other intriguing IoT gizmo is one of those rare Kickstarter success stories you hear about. Sammy Screamer Motion Alarm (\$43, bleepbleeps.com) is a tiny, triangular motion sensor that's Bluetooth enabled and has a magnetized back and hanging loop. Attach it to an object, and if it's moved, it will emit a high-pitched scream (at whatever volume you set) and send an alert to its Android or iOS app up to 100 feet away.

It's designed to be a parenting tool (think booby-trapped jars of cookies), but I think it's the perfect theft-proofing device hidden in the frame of a pricey bicycle, or stashed in the backpack hanging on your chair in a coffee shop.

EXPERT-LEVEL IOT

Calm the tech riot with a central hub

If you're just dabbling in IoT products, you can skip this section. But if you plan to go off the rails with a dozen or more Internet-enabled products (which can drag your Wi-Fi down to dial-up slow) and even time them to work together (say, to program your Hue lights to trigger within seconds of your August lock activating), you're going to need a hub.

To make sure you can operate all your IoT devices seamlessly together, buy only products flagged as using **Z-Wave**.

Put simply, there are countless competing IoT systems —nerd back-end technology that's involved in Internet connectivity but is mutually incompatible—and in my experience, Z-Wave is the most commonplace and possibly the best of them.

You can also opt for Yonomi (free on iOS and Android, yonomi.co), an app that subs for this hardware, detecting and controlling smart devices from almost every major IoT brand from your smartphone.

However, if you do see yourself enthusiastically buying into the IoT movement, here's one last piece of advice: Be cautious with crowdfunded gizmos.

"About a third of the projects never see the light of day—the failure rate is very high," says designer Deschamps-Sonsino. "If you see something you like, put a reminder in your calendar for six months from now, to see if they delivered or not."

You'll want to put that same patience to use when trying out any new product. This tech is pioneering, and it's prone to hiccups—both Nest and Wink have had multiple user-reported glitches over the past year. Think of it as the price of impressing your buddies with your cutting-edge tech. That "world of tomorrow"? It's already here.

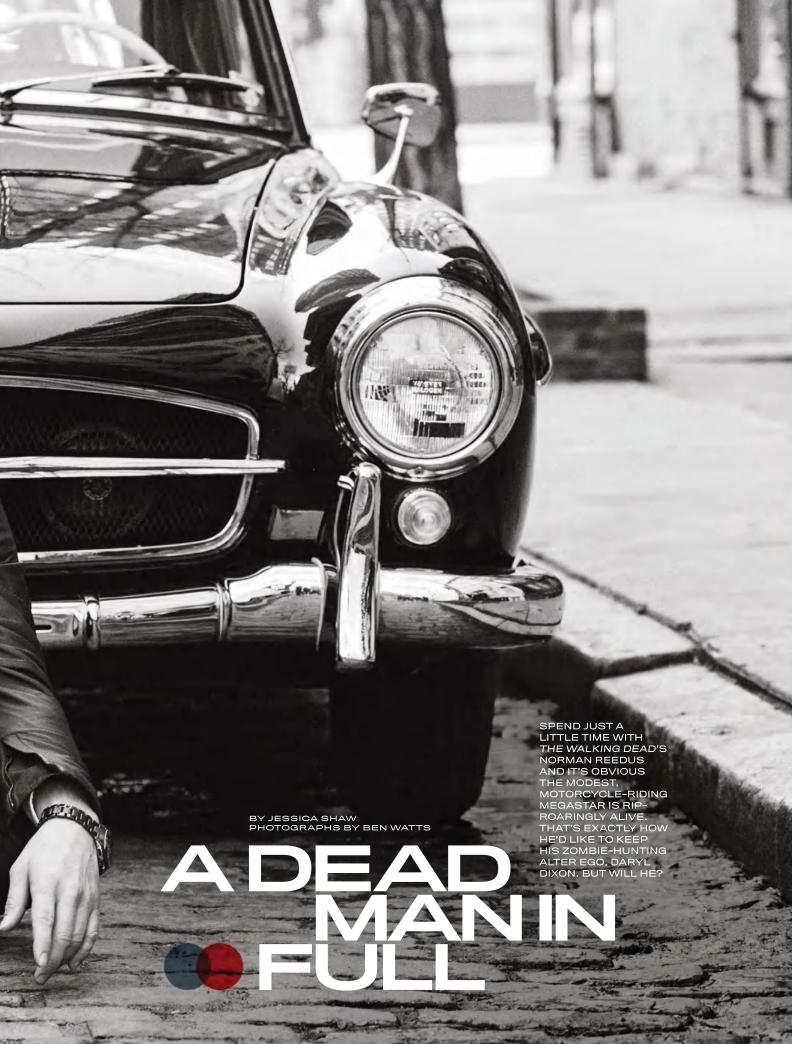
Mark Ellwood is the author of Bargain Fever: How to Shop in a Discounted World.

THE VODKA WITH PLENTY OF SUBSTANCE.









IT'S A WARMFALL EVENING IN NEW YORK CITY'S WEST VILLAGE, AND ACTOR NORMAN REEDUS

steps out of a vintage Mercedes convertible and onto a quiet street where an angled sun casts a pale glow across the neighborhood's famous cobblestones. Though only a handful of pedestrians stroll and mingle about, Reedus hasn't even shut the door behind him when a crush of bodies almost magically appears. Men, women, tourists, residents, college students, and even a few AARP-eligible old-timers all stand frozen, staring at the svelte tough guy in the black leather jacket, that unmistakable jagged hair dangling down to his collar.

"My government professor always talks about *The Walking Dead*," says a bystander, before an overexcited fan cuts him off.

"Are you...I mean, you're...I'm John. It's my birthday. Can I take a picture with you?" he says. An onlooker from across the street takes a less subtle approach.

"DARRRYL!" he shouts at the top of his lungs.

"All day, every day," says Reedus, turning to me and flashing a smile that appears part genuine gratitude and part WTF? with a whiff of resignation.

The latter is understandable. Just days before, Reedus—the former '90s heartthrob turned B-movie actor who, as crossbow-wielding bad-guy-gone-good Daryl Dixon on AMC's *The Walking Dead*, would emerge as the most popular character on the most popular show on television—was pulling all-nighters on the show's sweltering Atlanta set. And when he wasn't dispatching zombies this past year, he was working elsewhere: starring opposite Diane Kruger in the drama *Sky*, saving humanity in the sci-fi thriller *Air*, and logging a hilarious cameo in the reboot of the comedy *National Lampoon's Vacation*. He even managed to launch his own motorcycle road-trip show on AMC called *Ride with Norman Reedus*. "Sometime in between all of this," he tells me later, "T'll take a nap."

But that won't be tonight. Right now, Reedus' vacation has just begun, and before he heads to New Jersey for a zombie convention (where, I learn later, one overzealous fan actually bit him), then to Hawaii to surf with his son, Mingus (with his ex, model Helena Christensen), he wants to relax and let off some steam. And that involves downing as much bread, booze, and red meat as he can.

So once the commotion dies down, we hit a nearby restaurant, where I find out how someone a famous director once called "not good-looking at all" became the buff, crossbow-wielding sex symbol men want to emulate, filmmakers want to hire, and women want to ink all over their bodies.



Please give us something good about what's coming up on The Walking Dead.

I can't tell you, but the second half of the season is so hardcore. It's sort of like the first half was the pulling back of an arrow with a bow, and the arrow has gained momentum. The second half is the really emotionally draining release. We've had so many scenes where our crew was crying because they were feeling so emotional and heavy.

After six seasons, are you used to those draining scenes yet?

Some days you wake up and you know what you're about to do at work, and you're like, "Fuck, I don't even want to do this today." So maybe you make your favorite breakfast and you pat yourself on the head because you know you're gearing up to have a fucked-up day. Sometimes I pet my cat a little longer in the morning.

Speaking of, what does Norman Reedus eat for breakfast?

I love huevos rancheros, but my favorite thing is probably eggs Benedict. I tried to make it once, and it was a disaster. The hollandaise sauce? You have to be a scientist to make it. Fuck that shit.

Spoken like Daryl himself! He's clearly the most interesting character on the show, and he wasn't even in the graphic novels that inspired the series. Now plenty of Walking Dead purists probably can't imagine that world without Daryl anymore.

He's such a no-bullshit kind of guy and a great judge of character. He's had a hard life and is becoming a better person before our very eyes. People like that. He's becoming a man he wouldn't have been if all this hadn't gone down. This apocalypse has benefited him. He's finding a sense of self-worth with these people he's fighting to protect.





"IT WOULD BE SILLY IF DARYL TOOK OFF HIS SHIRT AND HAD A SIX-PACK."



As an actor, do you worry about your character getting killed off?

I'm not worried at all. If it happens, it happens. If it's the story they're trying to tell, great. Do I want it to happen? Not yet. There are certain things I want to do, certain things I want to see happen. I remember especially during the second season we'd all flip through the scripts and get to the end and go, "Phew!"

But there are certain things my character needs to do to be complete. I've talked to [showrunner] Scott [Gimple], and I have thoughts. I can't tell you, but I've spent a lot of time on the show introducing new characters. It's basically me listening to them so the audience can figure out who that new character is. I end up tossing that ball in an alley-oop so they can slam-dunk it.

For the past two seasons we've focused on certain characters more than others. I get that you have to do that, but I haven't spoken a lot in the past two seasons. I'd really like a season or two or three to get inside his head a little.

You've done more movies than usual in the past year. There's the relationship drama Sky, which comes out this winter. And Triple 9, about a group of criminals, in which you play Aaron Paul's brother. And, of course, you had a nice cameo in the reboot of National Lampoon's Vacation. Are you trying to get out there more in the film world?

No, I had a little bit of time here and there to do things. With *Vacation*, I went to visit my friend Christina [Applegate]. Comedy is rough. For me, it's so hard to do. With *Triple 9*, their set was right across from ours. I'd change out of my *Walking Dead* wardrobe to go over there and then change back into my wardrobe.

Do you have any desire to play a superhero in some giantbudget Marvel movie? I'm always open to the right

project at the right time. I just saw the Marlon Brando documentary, Listen to Me *Marlon*. It's one of the best things I've ever seen, about the choices he made [including playing Jor-El in the original Superman]. I'd like to pick things that coincidentally fall into a category where my life is at that moment. I did Floating when my dad was dying. And there was a scene in that involving a son and his father, and it felt right. It felt like one of those things you have a hard time talking about. But somehow you're working through it, and it's your job at the same time. The puzzle pieces feel put together.

Do you get offered Daryl-esque characters a lot?

I don't think it would interest me to play a Daryl type in a movie. Why would I do that? I do see a lot of casting stuff that says "a Norman Reedus type." I'm like, "What the hell does that mean? What the fuck are they talking about?"

What do you think they're talking about?

I have no fucking clue. I remember one of my earliest auditions, the casting director goes, "Can you do that a little more good-looking next time?" Here I think I'm killing it. And I'm like, "What do you mean?" And they say, "Like the blond guy on *Lost*." And I was like, "What the fuck is that?" Then I left the audition, looked up the guy, and knew there was no fucking way I was going to get that job. There's no way I could be that good-looking.

Is there a performance you've seen recently that's blown you away?

I thought *Sicario* [with Emily Blunt, Josh Brolin, and Benicio Del Toro] was a perfect movie. I'm also blown away by things I'd never do but have so much respect for people who did them. I remember going to a film festival when I first started acting. I was in *Six Ways to*

Sunday there, and it was this cool indie thing. I was at the airport and Brendan Fraser was next to me, and he told me he was there for George of the Jungle. He was so cool that I went to see it later. He got fucking ripped to play George of the Jungle. That's superadmirable to me. Was it a cool guy movie like Six Ways? No. But that level of commitment was supercool.

Tell us about your own exercise routine.

I have a trainer in New York I use every so often when I'm getting ready to go back on the show. Nothing too specific. I just try to shed any holiday pounds and get my mind right. When I'm down there [in Atlanta, I have a gym in my house, so I try to work out when I can, but sometimes when you work so many hours all you can do is get home and fall on your face. I'm also running through the woods in 103° heat and my crossbow weighs a ton, and I'm always riding bikes and building things, so the pounds melt off. But, you know, it would be silly if Daryl took off his shirt and had a six-pack. Plus, if I saw an actor on our show do that and I were a viewer, I'd think that was pretty vain and pretty sellout. You kind of want Daryl to be more cheetah, less gorilla.

Do you ever hit the weights? What else do you do?

I tried yoga, and I really liked it. I really want to get into transcendental meditation. People keep telling me I'd love it. I know Howard Stern does it. He says he closes his eyes in his closet for a few minutes, and it's like he's slept for three hours. That sounds amazing.

You mentioned Atlanta. It sounds to me like your life down South must be fairly idyllic.

It's pretty awesome out there. It's way, way out in the country







STYLE GOALS

By John Mather Photographs by Richard Phibbs

As the 21st Major League Soccer season kicks off this month, 2010 World Cup champion and Spain's reigning all-time goal scorer David Villa-now captain of the New York City Football Club-shows how to master the season's best new athletic-inspired outerwear: with quiet, fearsome confidence

















The "finish" is maybe five feet away, but at this point it hardly matters. ¶ I'm dangling 10 feet in the air, completely sapped of energy, and doing my best just to hold on as a razorlike burn courses through my forearms and shoulders. Below me, a fit young crowd has assembled—it's the type of "grab life by the short hairs" scene reminiscent of a beer commercial—and I try to regain my focus as they offer words of encouragement. But the truth is, I can't. Bizarrely, I've

started laughing, as if in some state of fitness-inspired euphoria. If I were to fall and break my neck, I think to myself as the Black Keys come wafting up through the rafters, at least *I'm not in a gym that's playing "Uptown Funk."* ¶ My fingers give out, and I fall backward for the fourth time today (by now, I've perfected my Hans Gruber-in-Die Hard impersonation), and I land gently on the soft padding below.

"Gravity—it's the great equalizer, man," says Mike Stewart, general manager of the Brooklyn Boulders climbing gyms in New York City and one of my climbing partners for the day. If you were looking to cast a movie about rock climbers, Stewart would be your guy. Cut and compact, with short, mussed brown hair, he has that halo of rugged outdoorsy-ness that gives you the impression he leads expeditions up Kilimanjaro on the weekends. "Gravity doesn't care how much money you have, what school you went to, what demographic you are—it's indiscriminate. You're going to fail, and you're going to fall." Out of context it doesn't sound like much of a pep talk, but sitting there on the padded floor, surrounded by climbers of all stripes and skill levels, it's surprisingly motivational. There's no shame in failing here.

In fact, it's the failing part that keeps you coming back. I just wish I could fail at the level I used to. It's been more than four years since I laid a chalky hand on a climbing wall, and my former skills have all but evaporated. "The sport can be pretty unforgiving in that respect," says Luke Livesey, Brooklyn Boulders' head climbing instructor. "If you don't climb for even a few weeks, you really feel it when you come back." Although I used to climb at an intermediate level, today I may as well be a beginner. I can feel it in my hands and forearms. I can especially feel it in my back—imagine doing 15 pullups and then immediately trying to hoist yourself up a rope, and that's basically how the last third of any climb feels. But fortunately, in climbing, difficulty isn't really a matter of the steepness of the grade; it's the pattern and protrusion of holds that form what's known as the route. My current white whale is this V3-grade zigzag of yellow lumps stretching just 15 feet in the air.

As I sit there and begin to recalculate my approach to the route, I notice, like everyone else in the enormous room, a microsize girl on a nearby, prohibitively difficult V9, who has apparently discovered some wizard's spell for defying gravity, scurrying her way up an incline with the ease of an ant climbing a blade of grass. When no one's paying attention, I quietly haul myself to my feet, reapply some chalk to my hands, and march back to the wall.



FELTLIKESOMEONE HADCRAMMEDTHE *N*ORLD'S COOLEST AYGROUND INTO A GIANT EW YORK ART GALLERY.

CALLING ROCK CLIMBING A SPORT IS A DISSERVICE: IT'S MORE like an obsession. And for a long time I was among the obsessed.

Like a lot of male climbers out there, I first got into the sport because of a girl. It was her hobby, and she was consistently better at it than I was, which drove me to log serious hours inside dank and dark climbing gyms in hopes of impressing her. Admittedly, I never did meet her skill level, but I did get really fit as I tried.

But when I relocated to New York City—where big climbing gyms are outnumbered by vegan steak houses—I was forced to join a standard treadmill-and-free-weights gym.

That was four years ago.

Today, rock climbing—and the chic rock-climbing gym, in particular—is one of the fastest-growing fitness trends in the country. "Over the past three years we've had pretty much double-digit growth," says Mike Helt, editor in chief of Climbing Business Journal. "Almost every state and almost every major metropolitan area has a climbing gym." There's Earth Treks in Maryland and Colorado, massive 28,500-plus-square-foot climbing and fitness gyms that offer hundreds of climbing routes to solve. Stone Summit in Atlanta features towering four-story climbing walls alongside gleaming, modern gym equipment and a rock slide. And then there's Vertical Endeavors in Minnesota and Chicago, the biggest rock climbing gyms in the country with 45,000 square feet of climbing wall each.

But no other gym represents the new "climbing-gym lifestyle" quite like Brooklyn Boulders, with headquarters in Brooklyn but currently expanding all over the country. With its newly opened Queensbridge location in Long Island City, NY, the brand is doubling down on a strategy that has made rock climbing all the rage among a new breed of fitness junkies, namely millennials and Silicon Valley types. "Most people think in terms of work-live-play, in that order," Stewart says. "But we prefer to think of it as play-live-work." He says that's a philosophy long embraced by the Facebooks and the Googles of the world, what with their expansive toy-and-amenity-festooned campuses that include rock-climbing walls amid conference rooms and cubicles. Even if you don't work in Cupertino, he tells me, you can get that same experience at any Brooklyn Boulders.

"We saw that people would bring their work to the gym," says Jeremy Balboni, who, along with Lance Pinn and Stephen Spaeth, founded the original Brooklyn Boulders in 2009. "They would work, they would climb, they would go back to work, but on, like, shitty little benches. They were just happy to be part of the environment. even if they weren't climbing. That's when we realized we'd created an environment where people just wanted to be."

When they opened up an outpost in Somerville, MA, in 2013, they made sure to include both work and event space alongside the rock-





climbing walls. And now, with Queensbridge, there are not only desks and work spaces and wi-fi, but also art on the walls, a café, and a glass-walled conference room—all meant to appeal to today's growing band of coders, investors, and creative classes.

Of course, this is all a far cry from your standard climbing gyms of just a few years ago. When the first indoor rock-climbing gym opened in America in 1987, it was simply a place for outdoor climbers to keep fit during the winter when they weren't scaling Half Dome during the summers. As the gyms proliferated, they remained little more than dark caves stuffed into industrial warehouses on the outskirts of town where hardcore climbers took the winter edge off. Even when the sport expanded in the early 2000s, climbing gyms stayed geared toward hardcore climbers.

"It's easy to sell climbing to climbers," says Mike Helt. "They'll go to a dirtbag cave and climb, no problem. But to sell climbing to a non-climber takes a different approach."

That approach is evident as I tour the new Brooklyn Boulders Queensbridge facility, where it feels as though I'm walking inside a pyramid. The space is gigantic, measuring 25,000 square feet. There's a work space just past the front desk that Cyrena Lee, a Brooklyn Boulders employee, tells me will soon have overhead pullup bars. A short elevator ride takes us down to the main climbing floor, where pale wooden walls are adorned with holds that look like great gobs of rainbow-colored chewing gum. In the center are towering climbing walls with ropes dangling from the top like jungle vines. Down yet another floor there's the glass-walled conference room intended to appeal to techies, a yoga studio, and an event space that has so far featured concerts, mixology classes, and a Ping-Pong tournament. There are even plans for hosting TED talks. Tucked inside both the men's and women's locker rooms are cedar-paneled saunas. There's art on the walls—so far a couple of specially commissioned paintings by New York artist Shantell Martin, with more to come—and the place is drowning in sunlight. All I could think during my tour was that someone had figured out a brilliant way to cram the world's coolest playground into a giant New York art gallery.

LIKE MOST CLIMBING GYMS, BROOKLYN BOULDERS IS BROKEN

into three areas for three different types of climbing: bouldering, top roping, and lead climbing. Both top roping and lead climbing involve ropes and a technique called belaying, in which one climber applies tension on one end of a rope to keep another climber on the other end from falling. Bouldering, on the other hand, is done without ropes and generally maxes out at a height of around 20 feet. The only equipment needed to boulder are a good pair of climbing shoes, a bag of chalk, and a padded floor to ease your falls.

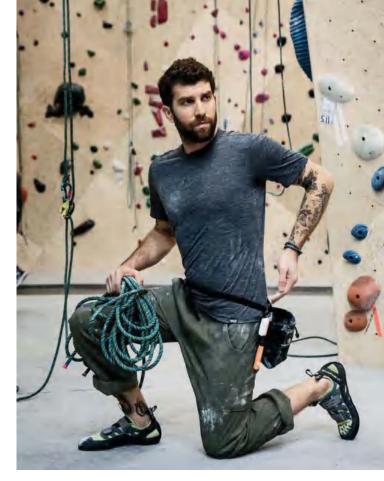
In terms of difficulty, climbs are measured by grades—5.5 to 5.15 for rope climbing and V0 to V16 for bouldering. V0s and 5.5s are

the beginner grades, essentially like climbing a wonky ladder designed by a drunk. V5s and 5.10s are intermediate, and anything above a V10 or 5.13 means you're probably slinging webs and saving New Yorkers from costumed villains in your off hours.

One of the aspects of climbing that make it so addictive is that you can progress through



IFALL YOU'RE
DOING IS CLIMBING,
EXPECT TO GAIN
STRENGTH VERY
QUICKLY-NOTHING
IS BETTER AT
CONFUSING YOUR
MUSCLES.



ROCK THE COOL CLIMBING LOOK

There's no gym more social than a climbing gym, so here's how to look your best, courtesy of Mike Stewart, general manager of New York's Brooklyn Boulders

CLIMBING SHIRT

■ Wick-away need not apply. "Natural fiber all the way!" says Stewart, who likes Patagonia's merino wool shirts, like the Daily T-Shirt (\$55, patagonia.com). "They're supercomfortable and easy to move in. But they also don't make you feel like you're jumping around inside a globo gym. You can feel casual and relaxed without the feel of spandex. And your butt's not hanging out when you're down in a nice squat or whatnot."

CLIMBING PANTS

■ You want stretch without going full Lycra. "Prana makes some really great pants that are jean-esque yet have stretch," says Stewart, who recommends the Bridger Jean (\$79, prana.com). "These come with gusseted crotches, so you're not gonna blow them out. They have a cotton-spandex blend, so you're gonna have that natural fiber feel and good movement—and once again, no spandex thing going on or too much polyester to make noises when you walk down the hallway."

CLIMBING SHOES

"Climbing shoes have to be supersnug. Usually every-body's at least a full size down." You can't go wrong with the Butora Acro (\$154, butorausa.com), which are from a socially conscious company that utilizes a hemp lining and recycled rubber for the soles of their high-quality shoes.

NECESSARY ACCESSORIES

■ Yes, it's BYO chalk bag, and good ones have wide mouths so you can get your hand in and out with ease. We like this bag from new upstart Sublime (\$27, sublimeclimbing.com). For the perfect grip, go with high-performance chalk from Friction Labs (from \$10, frictionlabs.com), which comes in various forms from superfine to extra chunky. "I like my chalk like my peanut butter—a little chunky," Stewart says, laughing.



the beginner grades pretty quickly. This is largely because you can compensate for a lack of technical ability at the beginning with strength.

"When you start climbing, it's super rewarding to see that rapid progress, because your body is pretty quick to adapt to it," says Livesey. Such adaptability is the result of the intense nature of the workout, similar to HIIT, which gets you really fit really quickly. Of course, to continue to succeed, fitness must eventually be matched by technique, and that's what slows your progress at the intermediate levels. Good technique, it turns out, is as difficult to acquire as muscle, if not more so. "When you're a V7 climber trying to progress up to a V8, it's a lot of hard work," Livesey says.

But you can make that work a lot easier by improving your strength and flexibility. Chiefly with pullups, of course, but also with workouts like yoga, which, thanks to its emphasis on flexibility, core strength, and body-weight exercises, can dramatically improve your abilities. One thing that surprises a lot of beginners is how much you use your legs in climbing. Think about it this way: You wouldn't pull yourself up a ladder using only your arms. It's the same with climbing.

Also important to keep in mind if you start climbing is muscle balance. Since climbing is all about pulling, you want your exercises in the weight room to involve pushing, especially with regard to your chest and triceps.

But if all you're doing is climbing, expect to gain strength fairly quickly. Muscle gains require variety, of course, and nothing confuses your muscles like rock climbing. "One of the big differences with rock climbing is the variety of movement you're performing," says Livesey. "Your body doesn't adapt to it as it does with more regimented exercises. So you keep getting stronger." Most rock-climbing gyms will change the routes every four to six weeks as well, so your body never even has a chance to get in a rut. And as for the workout itself, besides the obvious muscle groups of arms and back, it also works your legs and, to a fairly aggressive extent, your core. Frankly, I've seen more six-packs in rock-climbing gyms than in any other workout space I've ever been to. And though climbing rewards a good strength-to-weight ratio, anyone can climb. One of the most elite climbers of the 1980s, in fact, was John Dunne, a Brit known as much for his 200-pound frame as for his crazy skills.

Best of all, climbing is mentally engrossing. "I know from personal experience, when people go to a conventional gym, they're clock watching," says Livesey. "With climbing, you almost have the opposite problem, where you've been climbing for two or three hours and suddenly realize you should have been out of there 40 minutes ago." (I can attest to this: I became so engrossed in that one V3 that I blew right past an 8 o'clock dinner appointment.) This is due to the problem-solving aspects of climbing. Routes are literally called "problems," and when you finish a climb, you "send" it. The mental focus required to send the problem puts you in a zone where you lose track of everything else that's going on around you. Imagine powering

through a CrossFit or SoulCycle workout while at the same time working through a complicated Sudoku puzzle, and you have some understanding of what rock climbing is.

As corny as it sounds, climbing is also communal.

"We're all about getting people to take their headphones out," says Stewart. The act of climbing



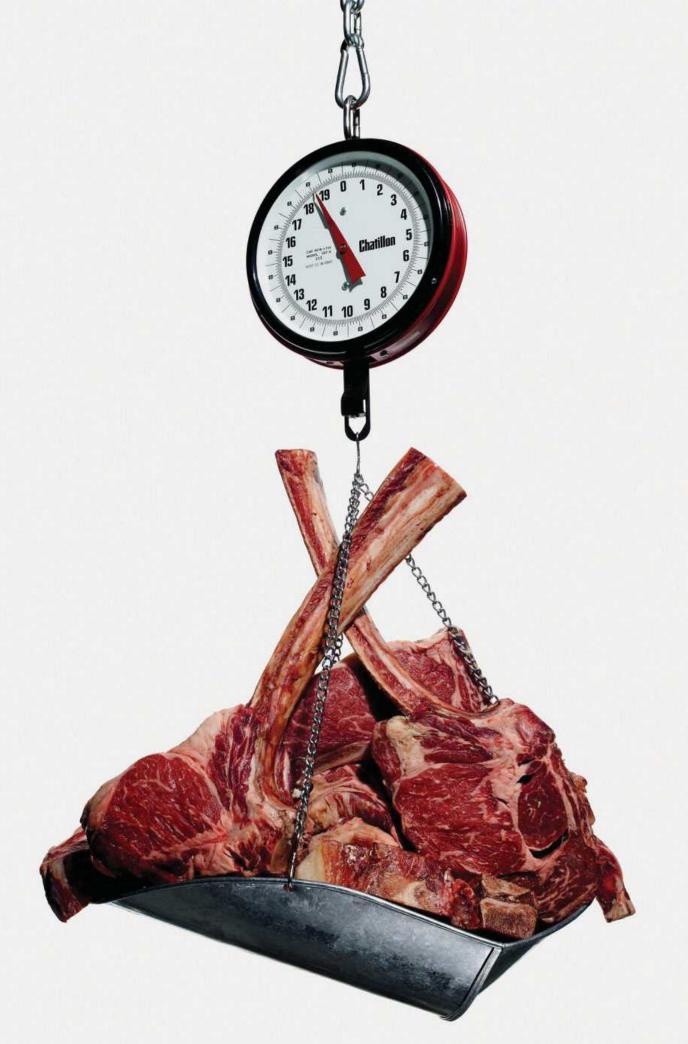


itself requires a tremendous burst of physical exertion, which means that most of what you're actually doing while you're at the gym is resting. "While you're resting your body to be able to succeed, you can talk to the people around you," says Jeremy Balboni. Mikhail Martin, a coder and a regular at Brooklyn Boulders, says he often goes in just to hang out with other climbers, even when he doesn't feel like climbing. "I'll go anyway and just have a good time. And those are the days when I end up climbing my best."

And, it's worth mentioning, rock climbing attracts an inordinate number of women. Fit women. Like Sierra Blair-Coyle, who is an occasional model and, more important, a two-time national champion rock climber. Actress Lea Michelle apparently loves climbing so much she once conducted a magazine interview at a climbing gym. "I think we can take credit for at least two marriages right now," says Stewart, who notes that it's much easier to strike up a conversation with a woman while climbing than on the treadmill. Just don't give her a lecture. "One thing that drives me crazy is when guys try to mansplain how to climb to women," says Cyrena Lee. You'll not only look like an asshole, but it's likely that you'll be giving "advice" to someone who's better than you.

As I rest for the last time on the padded floor in front of my yellow V3, I can't help but stare at the girl burning up the V9 next to me. She's so clearly focused on the problem in front of her, so in control, so determined, that I wouldn't dream of trying to talk to her—well, at least not now. That's when I'm reminded of a conversation I had earlier in the afternoon with Balboni. "It's easy to bond here around this single purpose," he told me, his hand patting the wall, "which is succeeding at something that's really hard."

So maybe I'll strike up a conversation with her afterward, whether it's by the gym's café or near a water station. After all, I've fallen on my face for the past two hours. I could use some expert advice.



PHOTOGRAPHS BY CHRISTOPHER GRIFFITH

BY MICHAEL BEHAR

YOU'RE NOT

EATING NEARLY

ENOUGH

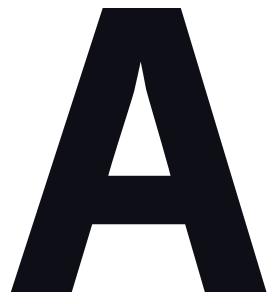
or otein.

PERIOD.

-(CH₂)₄NH₂

We all know protein is the single most important building block of muscle growth. But, amazingly, science is only now discovering exactly how much protein we should be getting and-just as important-when we should be getting it.





A small plastic pouch filled with dark brown, organic matter arrived at my doorstep today. ¶ No, I didn't immediately bolt down the stairs in hot pursuit of some teenagers. Instead, I took a closer look and found that the bag actually contained something else entirely: dead crickets. ¶ Alex Drysdale, founder of Crik Nutrition, was so eager for me to sample his flag-

ship product that he shipped it overnight via DHL from his office in Winnipeg, Canada. I just hadn't expected it so soon. Drysdale, a former communications technician who quit his job last year to cash in on today's protein boom, swears that his critters "are loaded with nutrients because they're made from whole, crushed-up cricket—you're eating the exoskeleton and all the organs." I try not to picture cricket guts when I open the pouch and take a whiff. Surprisingly, the smell is sweet and nutty. Feeling ballsier than usual, I shove a spoonful in my mouth. Compared with gritty and bitter whey and soy powder varieties, this stuff dissolves instantly on my tongue and tastes like almonds and honey.

Crik is just the latest form of protein I've happily eaten lately; the others include protein-infused granola, protein pancakes, high-protein Greek yogurts, and the gamut of powders-whey, soy, pea, hemp, and now cricket. The protein industry reaps about \$9 billion annually, a figure that's quadrupled since 2005. Some dismiss this as just another fleeting food fad, the result of a connection to certain popular high-protein diets, such as Paleo. A few experts-along with new federal dietary guidelines announced in January—claim we're eating too much protein. But, I'm happy to report, scientists who study protein insist otherwise.

For the record, the U.S. Recommended Dietary Allowance (RDA) officially recommends just 0.36 grams of protein per pound of body weight. "That's designed for the average person to just exist-hang out, watch TV, do whatever," says Mike Nelson, Ph.D., an exercise physiologist and founder of Extreme Human Performance, a fitness coaching firm that espouses a high-protein diet. It was also written during the wartime 1940s to recommend the minimum amount for good nutrition when Americans were rationing food. "But," says Nelson, "if you're not the average person, and you're exercising more intensely, you're going to need more protein."

At 160 pounds, the RDA puts me at 58 grams per day, which is a scant more than a cup of Greek yogurt at breakfast and a small chicken breast for lunch, with zero protein for dinner. But based on recent findings, protein scientists now advise at least 0.68 grams per pound and up to 0.75 grams if you're doing intensive weight training

Feeling ballsier than usual, I shove a spoonful of crickets in my mouth. Compared with gritty and bitter whey and soy powder varieties, it tastes fabulous-like almonds and honey.

(more than two hours daily) and want to bulk up fast—which would put my recommended intake at 120 grams per day, divided into four servings, consumed roughly four hours apart. Because I exercise five or six days a week, Stuart Phillips, Ph.D., a professor of kinesiology at McMaster University in Ontario, who studies how protein supports muscle growth, tells me that 110 grams per day should be ample. I bump up my intake accordingly, almost doubling it.

Two weeks later I've dropped five pounds-most of it off my belly. I'm stacking on extra weights for chest and shoulder presses. But the most profound change is in recovery. The throbbing quads and calves I'd suffer after long runs? Gone. And when I overload my muscles while lifting (think: big burn),

the soreness lasts for mere hours instead of days.

Right now I crave protein like a drug. I eat it in the morning and, as you'll soon learn why, even before bed. I eat everything from omelets to salmon to pulverized insects that look like shit. And here's the thing: I've never felt better.

Later, when I convey my experience to Robert Wolfe, Ph.D., one of the early pioneers in protein science and now director of the Center for Translational Research in Aging and Longevity at the University of Arkansas, he's not surprised. "When you look at the research, it's impossible not to be impressed with the benefits of a higher proportion of protein than the RDA in the diet," he says. Eat more protein and "by and large, you're going to be fitter. That's the reality."

WHAT'S "ENOUGH" PROTEIN-AND WHAT'S TOO MUCH?

Despite everything we know about the connection between protein and muscle growth (for the record, protein refers to the amino acids from foods that our bodies require to be healthy and strong but don't produce intrinsically), it wasn't until very recently that scientists began to determine just how much protein we should be eating, what types (animal or plant), when (morning or evening), and how much.

"Back in the early 1980s, we used to think that if you averaged out your recommended protein intake over a week, you were OK," says Nancy Rodriguez, Ph.D., a professor of nutritional studies at the University of Connecticut. "But fast-forward 10 years, and we realized it wasn't just having protein every two or three days. You should be eating it every day and distributing it among meals and snacks."

For decades, dietitians and trainers generally adhered to the RDA. But Donald Layman, Ph.D., a professor of nutrition at the University of Illinois, suspected this number might be too low. Often regarded as a leader in protein requirements, Layman had been investigating how humans metabolized amino acids and whether there was a threshold amount required to trigger protein synthesis, the biological mecha-

PROTEIN POWERHOUSES The greatest protein sources on the planet: packed with muscle-priming leucine, low in calories, and containing all nine essential amino acids WHEY PROTEIN ISOLATE SOY PROTEIN ISOLATE 88g 90g **LEAN BEEF** 36g CHICKEN BREAST 31g YELLOWFIN TUNA 30g 1) WHEY PROTEIN ISOLATE The runaway winner. To mask the bitter taste, mix into a fruit smoothie. Protein per 100g (3.5 oz): 90g 2) SOY PROTEIN ISOLATE SOCKEYE SALMON 27g Only about 60% as effective as whey in lab-based protein synthesis tests. Protein per 100g (3.5 oz): 88g 3) LEAN BEEF Just avoid the fatty 25g cuts like rib eyes (pictured) and stick to the more svelte sirloins. Protein per 100g (3.5 oz): 36g 4) CHICKEN BREAST A hefty dose of 21g branched-chain, musclebuilding amino acids. Protein per 100g (3.5 oz): 31g 5) YELLOWFIN TUNA 13g PORK CHOPS Sushi lovers rejoice: A spicy tuna roll has about 26 grams of protein, or one-fourth of your total 10g 7) PORK CHOPS daily intake. Packs every B vitamin. HALIBUT Protein per 100g Protein per 100g 10) NONFAT GREEK YOGURT (3.5 oz): 30g 9) EGGS (3.5 oz): 25g 6) SOCKEYE SALMON Hard-boiled, they're an It ranks last in protein 8) HALIBUT by weight but is remarkably low in calories—one eminently portable snack EGGS With fatty omega-3s, One of the lowestfor road trips, so you can steer clear of McDonald's. it's a perfect twofer. cholesterol seafoods. 100-calorie cup has 17g. Protein per 100g Protein per 100g Protein per 100g Protein per 100g NONFAT GREEK YOGURT (3.5 oz): 10g (3.5 oz): 27g (3.5 oz): 21g (3.5 oz): 13g

nism that spawns muscle. In 1999, Layman conducted experiments on rats and found that a specific amount of the essential amino acid leucine, contained in all protein, is necessary to kick-start synthesis. Leucine alone can't create muscle—you need all nine essential amino acids to do that; leucine is just the catalyst that ignites the process. "Until you get enough leucine, protein synthesis won't run at 100%," Layman explains. When he extrapolated his data to humans, he determined that for someone like me to optimize post-workout muscle growth, I should be consuming upward of 30 grams of protein per meal, which provides 2.5 grams of leucine. (For that, a whey- or soy-based protein smoothie with a half-cup of yogurt added would do the trick; so would a four-ounce T-bone steak.)

But what happens if I eat more than that? Would devouring, say, 90 grams of protein in a single sitting—or about 12 ounces of salmon—triple muscle growth? No one knew the answer until Doug Paddon-Jones, Ph.D., a professor of nutrition and metabolism at the University of Texas, consulted with Layman for a study. In 2009, Paddon-Jones enlisted a group of volunteers, including eight men in their early 30s, all weighing about 175 pounds, and fed them each a four-ounce steak with 30 grams of protein. Five hours later, he took blood samples and muscle biopsies from the volunteers. "There was a 50% improvement in muscle protein synthesis," says Paddon-Jones. When he repeated the test but ramped up the size of the meal, eventually tripling protein intake, synthesis remained the same. "That suggests that somewhere around 30 grams [for a 175-pound male] there is a ceiling effect for your ability to use actual protein-rich foods to build and repair muscle," Paddon-Jones says. For bigger guys, of course, those numbers will rise proportionately. If you clock in at

250 pounds, for instance, your per-meal protein intake would rise to 42 grams. (And there are other factors that can push that number even higher, such as genes.) Granted, if you're consuming way more protein than you should, there are still some added nutritional benefits—thanks to the amino acids and micronutrients in a varied protein diet (meat, legumes, seafood, soy)—but muscle protein synthesis falls off precipitously.

Too much protein in a single meal is like filling the 20-gallon tank in your SUV with 60 gallons of gasoline—two-thirds of the fuel gets wasted, spewing out onto the pavement. (Excess protein ends up in your urine.) "You don't have a storage site for protein," explains Phillips. "You can't pack it away for further use."

Paddon-Jones warns about racking up extra calories: "The biggest problem with overconsuming protein is you're going to get fat. There's an upper limit in terms of what your body can process at one time. You can eat more, but it's likely not doing your muscles much good."

BEFORE WORKING OUT OR AFTER: WHAT'S THE PROTEIN-SMOOTHIE SWEET SPOT?

At the University of Connecticut, Rodriguez hones diets for collegiate and pro athletes, including those in the NFL, NBA, and NHL. She instructs them to get about 35 grams of protein per meal and scales it up for heavier guys. But will any protein do? Rodriguez cites several new studies that have examined plant versus animal proteins, and whole foods compared with supplements. The upshot: To grow new muscle and get bigger while adhering to a low-calorie diet, whole,

-CH₂CH₂SCH

I now crave protein like a drug. I eat it in the morning and before bed. I eat everything from omelets to salmon to dead insects. And you know what? I've never felt better. animal-based sources are preferable, specifically meat, poultry, fish, eggs, and dairy (milk, cheese, yogurt). Now, you might be wondering about the recent World Health Organization (WHO) report from late last year that caused carnivores to panic because it labeled meat a carcinogen and lumped bacon with tobacco in the certain-death category. Not to worry. First, the WHO study surveyed people who consumed almost nothing but—that is, heaps of meat every day. These folks are also often overweight and sedentary. So does meat give you cancer? Or do you get it from being fat and lazy? The answer is almost certainly the latter. meaning that if you're fit and work out regularly, a modest serving (about four ounces) a few times a week of beef, pork, or, yes, even bacon isn't going to put your health at risk.

"I don't think you can become the best athlete you can be without meat," says Luc van Loon, Ph.D., an exercise physiology professor at Maastricht University in the Netherlands, adding that he favors whole animal foods like

beef because they digest slowly—a steak can take 24 hours for the body to process—so it provides a steady protein supply all day.

If you're a vegetarian or vegan, good old-fashioned rice and beans, and tofu are acceptable alternatives. But remember: By proportion, animal meat packs up to three times the protein content as plant-based food like legumes and nuts. So with tofu, for example, you'll have to eat a lot more of it to get the same protein you would dining on a six-ounce filet mignon or a three-egg cheese omelet. Some plant-based proteins are also high in carbohydrates, which, if not readily burned off, end up as fat. (Crickets are about 70% protein by weight.)

If you're going the supplement powder route, scientists suggest you choose whey, the wildly popular animal-based protein derived from cow's milk. For a 2015 study in the *Journal of Food Science*, Phillips analyzed whey, soy, and rice powders and found that whey had the highest leucine content of the three. "And when we're talking about regenerating muscle, the key is protein higher in leucine," he says. "Based on our work, whey tops the list."

Whey also ranks first in its ability to feed muscles faster than any other protein type. "Whey protein is absorbed really quickly in the blood, within 15 to 20 minutes," Paddon-Jones says. Train hard and your body burns stored carbs and fat to produce glucose for energy. But unlike fat, there's no protein cache to tap for making muscle. And as van Loon points out, "when you combine exercise with protein, you get a synergistic response—muscle protein synthesis is doubled." That's why experts love whey: Its rapid absorption improves the rate of rebuilding compared with other protein sources.

But timing is everything. When muscles contract during strenuous exercise the cells become more anaerobic, and protein synthesis shuts off. So chugging a protein smoothie right before hitting the gym or while exercising is pointless—and a few studies suggest it may even be counterproductive, impeding your muscle's ability to grow. "There's no good reason to do it," Phillips says. On the other hand, researchers have measured the largest gains in lean muscle growth in athletes who consume whey protein 30 to 90 minutes after training. "That's when you get the biggest bang for your buck, because the machinery is set up to resynthesize muscle," Rodriguez says.

YOUR PROTEIN POWER CALCULATOR

What, when, and how much to eat, in four simple steps





WHAT TYPES?

■ Mix it up: beef, pork, chicken, seafood, tofu, even hemp seed, which has more protein by weight than any other veggie source. Variety is not only more fun, it also feeds muscles with a good medley of micronutrients and aminos. If you're the type who insists on bang for the buck, opt for foods that rank highest by protein-to-weight ratio: lean beef, tuna, chicken breasts, and whey.







WHEN?

■ Let's say your weight puts your ideal protein intake at 140 grams per day. Research suggests there is likely a threshold for protein, and your muscles can use it only in small batches. You should divide your daily intake into four servings. In this scenario, that's 35 grams per meal—breakfast, lunch, dinner—and a fourth snack right before bed. Also—and this is important—at least one of these meals should immediately follow a workout (see Sten 4).



160g day

HOW MUCH?

■ Disregard the Recommended Dietary Allowance (RDA), which suggests 0.36 grams of protein per day, per pound of body weight. At 160 pounds, for example, that's 58 grams, or roughly one large chicken breast. That's not enough. Increase it to at least 109 grams, or 0.68 grams per pound. If you're in the gym daily and trying to bulk up, up to one gram per pound of body weight is OK.



ANYTHING ELSE?

■ Yes, at 90% protein, whey tops the supplements—and even whole foods like steak and salmon—in protein density and also digests faster.
So pairing a whey smoothie with a workout is a no-brainer. Thirty to 90 minutes after exercise, get 35 to 40 grams of it. (Mix it into a smoothie with berries, banana, honey, and milk.)
Timing's essential: Post—workout, your body sucks up protein like a sponge and converts it to new muscle almost twice as fast as other times.

CAN YOU ACTUALLY BUILD MUSCLE WHILE YOU SLEEP?

When we bulk up in response to resistance training, it's because there's a net gain of new muscle growth. Squats break down quads, which respond by rebuilding themselves bigger and stronger—a process that protein amplifies. But like other scientists, van Loon once believed this occurred only when we were awake. Then three years ago, he met with a few colleagues at a bar and "after too many beers," as he puts it, "we thought, 'What happens if we give people protein during sleep?'" Scientists had never considered whether protein could be metabolized at night, or if it could, whether muscle synthesis would occur.

When you eat protein, its amino acids are dispatched to various tissues—muscle, organ, bone—where they're used to repair and rebuild cells. But to determine what happens at night, van Loon had to pinpoint the exact where and when of this process. So at a university animal research facility in the Netherlands, he rigged a Holstein cow with intravenous tubing and pumped in \$40,000 worth of chemical compounds called tracers that allow scientists to follow them throughout the body. From the cow's milk, van Loon derived a protein supplement he could give to human

test subjects and then track the amino acids throughout their bodies. "I could see the digestion and absorption, how much of the protein becomes available in the circulation, and how much of what you eat lands in the muscle over a few hours," he explains.

Next he conducted two separate protein-and-sleep studies by recruiting healthy, active men in their early 20s. In the first experiment, the men exercised in the evening, then half took a protein supplement before bedtime, with the remainder fed a placebo. Van Loon found that the protein was effectively digested and absorbed while the men slept, and muscle rebuilding was also higher. In the next study, he had the subjects lift weights for three months in the evenings, with half taking a protein supplement before bedtime and the other half a placebo. He found the group who consumed protein prior to sleep had a greater increase in muscle mass and strength.

Based on his initial results, van Loon recommends a so-called "fourth meal" of protein approximately 30 minutes before bedtime—that would be about 30 grams for a guy my size. But keep calories to a minimum, since anything in addition to the protein isn't going to burn off. (You're asleep, remember.) Good choices are Greek yogurt, cottage cheese, or a protein smoothie, assuming you minimize the sugary fillers like berries and juice. "Protein prior to sleep gives you a





We all know the dating game has become impossibly complicated these days. Are the women for you on Hinge or Bumble? Should you pony up dinner or just a drink on the first date? How many days should you wait to call someone in the digital dating world? So when you finally get her to the bedroom, wouldn't it be great

to be a total expert at pleasing her? ¶ We're not talking about turning yourself into some spiritual tantric sex god, just mastering the important things—like kissing, spending enough time with crucial foreplay, and not missing her cues and therefore depriving yourself of some bedroom-judo acts you didn't even know she was game for (crazy hate sex, quasi-public sex, underwater sex...). ¶ Believe us, we know—we polled women across the country and asked them to reveal the intimate moments that have been burned the deepest into their brains, including what they liked, what they hated, and what really drove them wild. So here's your best guide to pleasing a woman—straight from the women themselves.



It's a widely known, if seldom acknowledged, fact that pubic hair is very regional: The Pacific Northwest sprouts lots of happily hairy folks; Los Angeles breeds bare chests and hairless ladybits; and New Yorkers seem to split the difference (hairy chests, shaved nether regions). "For guys, I think the perpetual safe answer is to always trim everything," says Tammy Nelson, Ph.D., author of Getting the Sex You Want. "Be comfortable so that you feel positive in your own body." ¶ But a word of wisdom, fellas: Shaving or plucking right before a date can puncture the skin and may make you more susceptible to STD transmission, so always groom at least 24 hours beforehand. If you have any grooming requests for her, do it without criticizing her body. "If you call attention to something that's going to embarrass her, you'll never see her again," says Nelson. Instead, make your request both a compliment and a statement about your preference. Simply fill out this sentence, Mad Libsstyle: "I really love your [body part], and it really turned me on when we did and I'm wondering what

"TRY FUCKING LIKE CRAZY—UNDERWATER."

KELLY, 35, LITTLE ROCK, AR



"It was Valentine's Day after we'd been together for a few years, and we did the typical dinner date. But then he blindfolded me and drove me to a new hotel, where he'd booked the hot tub suite and had rose petals and lit candles. It smelled amazing. He poured champagne and filled the hot tub after my germaphobe questioning. ('Did you really clean this thing?') Having sex in the tub was something I'd never done—it's supposed to be painful, right?—but he had me wet before I got in the water. He'd thought of everything, down to special silicone-based lube for water sex—which you definitely need—and it was perfect. The water was calming, and the secret to water sex is to keep every movement slow and sensual, almost like riding a wave. We were also trying hard not to make waves, which makes a mess—

The Sexpert's Take

■ "Note that years later, she's still talking about those moments of humanity," says Ken Page, L.C.S.W., New York psychotherapist and author of Deeper Dating: How to Drop the Games of Seduction and Discover the Power of Intimacy. "The pauses, the laughter, the playfulness, the accidents—those are the moments of sexual magic that would never happen in porn."

water will spill over the sides! After a failed attempt at giving him underwater head that was hilarious—my brain was saying, 'Hold your breath, put a dick in your mouth, don't suffocate'; we still talk about it today. I rode him, then we did it doggie-style. I loved every minute of that night."

"IT TAKES DISCIPLINE, BUT EXPLORE HER BODY FOR HOURS BEFORE SEX. TRUST ME."

CAITLYN, 35, COLUMBUS, OH



"We first met on Match, and after several dates he took me to a French restaurant with beautiful stained glass windows and amazing service. I felt so sophisticated! We enjoyed five courses and several glasses of wine. After we left, he twirled me in the parking lot and

kissed me. It's cheesy, yes, but even grown women need to feel like a princess every now and then. We went back to his place, where he quickly progressed from kissing me to touching me, and we ended up in the bedroom, exploring each other for hours. I was definitely wanting more of him and was ready to have sex, but he undressed me slowly and kissed me all over. He kept doing that, slowly touching

The Sexpert's Take

■ "A luxury date should really correspond to where the relationship is at that point," says Jill Weber, Ph.D., a Washington, D.C.-based relationship psychologist and the author of Getting Close to Others. "As a woman's feelings for the person increase, she sees that he's taking a deeper interest in her and really showing his investment in her—and a luxurious date is a manifestation of that."

everywhere, kissing me and touching every part of me, especially my belly, my neck, my shoulders, and of course down there. After what felt like an eternity, we were naked, and I'd never wanted someone so badly. The long buildup and foreplay—longer than I'd ever experienced—made it feel so special. And his discipline and self-control was so incredibly sexy. We set a date for the next day to continue where things left off. It worked—a year and a half later, we were married."

Opener image: Beth Studenberg/thelicensingproject.com: Opposite page: Anders Brogaard/thelicensingproject.com

you'd think of trying





"SOMETIMES A GIRL NEEDS TO BE RAILED IN A LEATHER ARMCHAIR."

REBEKAH, 33, ELLSWORTH, ME



"I'd been dating a hot guy from a faraway town on and off pretty casually because neither of us could move closer due to our careers. But one night after a particularly steamy text session, he offered to get a hotel room for us that weekend. From the moment I walked into the room we never lost touch of each other physically. What was so hot was that he took control while really focusing on my sexual needs. I'd gone years without a man taking control, and I really liked what he did: rough penetration mixed with moments of slow, sweet lovemaking. If he'd done only one or the other, I would've been completely unsatisfied. He ripped my clothes off, kissed my breasts, held my arms above my head, and then went down on me. We fucked all over the hotel room, him directing me where to

go, and always in positions where he could stimulate me. My favorite moment was being railed while in a leather armchair, legs up in the air. I loved being able to see him. The night worked because we'd both spoken about our desires beforehand, and we acted on it. He was aroused by my arousal, as if his innate drive was to make me feel good. To this day, I want more!"

The Sexpert's Take

"Enjoying your partner's arousal is the key to great sex, and not only physiological arousal but the emotional arousal that goes with it," says Page. "The psychological signs to look for: flushing on her face and body, the sounds she makes, her body moving in response to pleasure, and the ways she touches and looks at you. You can feel when she moves from just sex into something deeper."

Five outstanding sex moves-from a lesbian

Important tips from someone who really knows what she's talking about

The key, says sexpert Amy Jo Goddard, co-author of Lesbian Sex Secrets for Men, is to take your time during sex. "Twenty minutes would be extremely quick for most lesbians. I would say sex should take at least an hour, if not a couple of hours. And if I have a languid Saturday afternoon. maybe more." That's not all: Here, some of the best moves to include.

1) EYE CONTACT

"When you're in a position that allows it, absolutely do it," says Goddard. "You want to see the look on her face, whether you've got your face between her legs or are doing her against a wall." Women want to feel seen and want you to connect to them, and eye contact expresses your intention and arousal.

2) NO-INTERCOURSE SEX

■ News flash: Lesbians aren't just having one to two hours of oral sex. "If you try having sex that doesn't include intercourse, you'll learn how to use your hands, how to explore your partner's body, how to fuck with your hands while stimulating her on the outside. and of course oral sex and toys," says Goddard. "You'll learn to really touch your lover; hands are superfacile. You miss a lot when you go straight to intercourse.

3) PUSSY MASSAGE

■ Spend 10 minutes using the flats of your fingers to very lightly tease and stroke around the labia and vulva and up high above the clitoris. where the shaft extends much higher than you can see. Think light tickle. Ask her: "Faster or slower? "More pressure or less?" Your goal is to bring a lot of blood flow to the area. "Most women love a circular motion," says Goddard. If it's working, don't go harder or fasterjust keep doing exactly what you're doing.

4) THE GODDESS HANDLE

■ Goddard recommends the Tantus 11-inch dildo with a long handle. "You can get a lot of leverage with it, and it's long enough that you can be somewhere else on her body and still be fucking her," she says, "Use it beforehand to warm her up, and keep it around for when she lasts longer than you do." It's also good for spanking, and because it's silicone. you can put it in hoiling water or the dishwasher to sterilize.

5) PLAY "45"

Set a timer for 45 minutes, put on music, blindfold her, and explore her body with different kinds of touch, textures. tovs, stimulation, and intensity for a couple of minutes at a time, "Ask her to rate each thing you do on a scale of 1-10, Goddard says. This is how you get the playbook for what she likes. Mix in psychological play as well: "You're naked on a stage, and I'm ripping off vour dress" or "You're here solely to please meroll over." Then switch.



"IF YOU'RE
FIGHTING, TURN
THAT INTO
INTENSE SEX
IMMEDIATELY."

LONI, 29, NEW YORK, NY

"It doesn't take much for me to switch between anger and passion, and sex can be a great release—I like to get rid of those bad feelings with a reassurance that the love is still there. On Valentine's Day with Josh, I was angry that he hadn't invited me out and was still not calling me his girlfriend. Add red wine, getting lost on the subway, and my texting things like, 'I'm cold, and IT'S YOUR FAULT,' and by the time he finally called, I was raging mad and refused to answer. When I did make it back to my apartment, he was on the front steps and threw me against the door of my building with the most passionate five-minute kiss: It said, 'I need you right now,' and it got me from anger to passion. I went from wanting to slap him to melting. Clothing came off on the way up the stairs. That night he was unabashedly kinky and very vocal: 'I'm all yours' and 'You feel so good tonight,' continuously telling me

The Sexpert's Take

■ "Angry sex can many times be really, really passionate because you long for what you don't have," says Nelson, before issuing a warning: "This sort of sex can sometimes be a sign of real aggression and not healthy intimacy, so use discernment and be cautious."

how amazing I looked and felt on him; and the sex was really slow and sensual, like we were both intensely feeling every thrust. After the rage of our fight, it was both of us saying we were sorry, and the passion was out of control. Today, I'm happy to be out of that relationship—it was too volatile. But I still think about the sex often. He's the only guy I've ever orgasmed with every time."





Master the ultimate please-her-in-bed move

This will sound obnoxiously PG-13, but it's true: Kissing is the biggest bedroom deal breaker. "It's one of the most sensual and erotic things you can do," says sex therapist Tammy Nelson. "Kiss someone for five whole minutes, and you'll be amazed by the results." The following are tips every man should master, courtesy of Seal It with a Kiss: Tips, Tricks and Techniques for Delivering a Knockout Kiss, by Violet Blue.

1) THE "WE'RE IN PUBLIC AND I WANT YOU" TANTALIZING KISS

A light, all-mouth, no-tongue kiss meant to garner her attention. You can give it anywhere, anytime. Soft lips, mouth pushed forward, linger for less than a breath. Then pull back just as quickly.

2) THE PLAYFUL FRENCH KISS

■ Open your lips a bit and slide your tongue into her mouth. Run it over her teeth and tongue, gently probing. Suck gently on her tongue or mouth. This kiss can last for 10 minutes, and the key is to periodically pull back slightly and then go in for more.

3) THE LET'S-FUCK-NOW KISS

■ Make full eye contact, place your hands gently on the back of her head, and pull her lips to yours while firmly pressing your body against hers. Intertwine tongues deeply while gently caressing her head and continuing the full-body pressure. Then pull her head back, stare into her eyes, smiling mischievously.

"PRESS HER
AGAINST THE
WINDOW. THE
DANGER OF
BEING SEEN WILL
TURN HER ON."

 $\mathbf{S}\,\mathbf{A}\,\mathbf{R}\,\mathbf{A}\;,\;\;\mathbf{2}\,\mathbf{5}\;,\;\;\mathbf{C}\,\mathbf{H}\,\mathbf{A}\,\mathbf{R}\,\mathbf{L}\,\mathbf{E}\,\mathbf{S}\,\mathbf{T}\,\mathbf{O}\,\mathbf{N}\;,\;\;\mathbf{S}\,\mathbf{C}$

"LET HER STAY ON TOP FOREVER-UNTIL SHE INDICATES OTHERWISE."

MAGGIE, 31, LAGUNA BEACH, CA



"It started with him cooking me a healthy, fresh meal. He knows that I eat healthy, so cooking dinner is a real panty dropper, seriously. During dinner he kept touching my leg, giving me kisses, and grazing my chest. He sat across from me and would reach for my leg under the table when I didn't expect it. It made me feel sexy and wanted—there was no question that he was into me. While we were cleaning up, he picked me up and pressed me against the refrigerator, magnets be damned. It was an I-need-you-inside-me-right-now situation, so we moved to the bedroom. It was the most incredible sex of my life—incredible because he was so attentive to all my body parts. I couldn't wait to have him inside of me. Once he was, we got a good rhythm going, not too fast or slow, just enough that we could really feel each other. I told him that I could get off only on top, so he made sure I was able to take my time in that position—he had my

The Sexpert's Take

■ "What makes this work is that he didn't have his hands all over her right away," says Dallisa Hocking, founder of Love FrogKisser, a Texas-based love coaching company. "Don't jump right into it and start grabbing immediately. Use that first part of the date to get to know her and see if you feel like there's chemistry there."

pleasure in mind and didn't want to finish before I did, and that took a lot of the pressure away and made me feel comfortable. We were both out of breath and sort of in shock afterward because it was so intense and fun! The entire dinner date was a buildup of flirting and tension, so the sex was an amazing release."



"It was a lazy afternoon in August. We were sitting next to each other on lounge chairs on a private patio overlooking a fairly popular beach, drinking ice tea and reading our books. He knows I love to be watched, so he started by very gently running his finger over

my panties, but stopped there, just to tease me. It was just enough to turn me on but not enough to satisfy me, and he kept it up for almost 10 minutes while he read his book, as if he couldn't care less. Soon enough, I couldn't take it anymore, and we moved inside, and he pushed my back up against the glass of the window. It was my fantasy, but I loved that I didn't have to ask for it. He

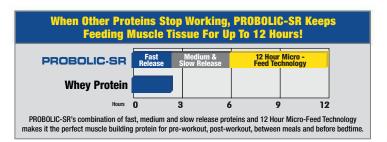
The Sexpert's Take

"People's turn-ons can either mimic the way they act in life-a dominant person may enjoy being dominant in bed-or be the exact opposite," says Weber. "So just look at her personality and test things out, and of course talk about it with her before you do it. Remember: This guy already knew what her fantasy was." pulled my short summer dress over my head and turned me to face the beach. We'd talked about doing something like this before, and he asked if I was comfortable, and when I said yes he put an arm around my waist, pressed my face gently against the window, and pushed inside of me. It turned me on so much to think that someone might see me, pressed against the window, getting fucked from behind."

Clinical Study Reveals Sustained Release Protein Blend Is MORE ANABOLIC THAN WHEY!

Probolic-SR Is Superior To Whey For Building Lean Muscle Mass!

A recent landmark study confirms that consuming a blend of proteins as found exclusively in MHP's Probolic-SR provides fast, medium and slow releasing proteins in one advanced formula, thereby supplying a prolonged delivery of amino acids to muscles for 7x greater anabolic activity.+ This combination increases the muscle building "anabolic window," making Probolic-SR superior for consumption following resistance exercise versus whey protein alone.



Feed Your Muscles For Up To 12 Hours!

To enhance its already powerful anabolic/anti-catabolic properties, Probolic-SR contains a breakthrough Sustained Release Micro-Feed Technology that extends the release of amino acids even further for up to 12 hours of anabolic action. This proprietary Muscle Feeder delivery technology is so advanced, it's patented.

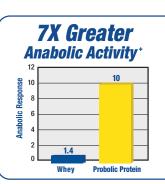
- Clinically Tested Fast, Medium & Slow Release Protein Complex
- High Levels of Critical Five Amino Acids (Glutamine, Arginine & BCAAs)
- Scientifically Formulated to Help Build Muscle & Improve Recovery



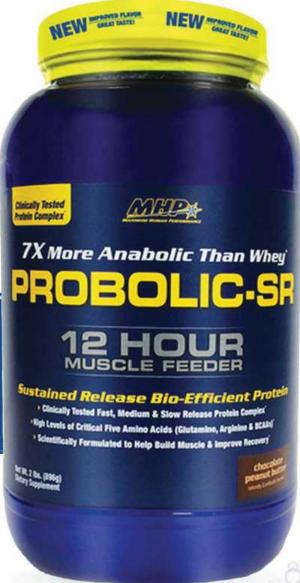
1.888.783.8844 • MHPSTRONG.com

+"Soy"dairy protein blend and whey protein ingestion after resistance exercise increases amino acid transport and transporter expression in human skeletal muscle," Journal of Applied Physiology, April 3, 2014.

© 2016 Maximum Human Performance, LLC. All rights reserved. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, cure, treat or prevent any disease. Your results may vary



Researchers compared PROBOLIC-SR's protein complex to whey to determine anabolic activity. Net phenylalanine balance was measured as a determinant of nitrogen retention (the anabolic response) from baseline for 4 hours post-workout following the consumption of protein supplements. Test results showed that PROBOLIC-SR's protein blend was 7X more anabolic than whey protein.



Ask Men's Fitness



I see people blotting pizza, and it just looks silly to me. Does it really help save calories?

CHUCK D., PARMA, OH

It sure does. "Imagine holding a piece of oily pizza vertically so the oil drips into a measuring spoon. You'll save calories for every quarter-tablespoon collected," says nutritionist Marisa Moore, R.D.N. "So blotting the excess can certainly save some artery-clogging fat calories." q Jim White, R.D.N., of the Academy of Nutrition and Dietetics, agrees: "Blotting could save as much as 20 to 40 calories per slice," he says. And over time, that can make a big difference, 9 How big? Let's calculate: Data show that the average person eats 6,000 slices of pizza in a lifetime. Let's leave off the thousand or so you've probably already eaten, and start with 5,000. Assuming that from now on you blot about 30 calories of oil off each slice, that's 150,000 calories you'll save; divide that by 3,500 (the number of calories it takes to gain or lose a pound), and you'll save more than 42 pounds—four pants sizes-in a lifetime. q Of course, that's if you decide not to show off for the chicks: A new Cornell study found that men ate 92% more pizza when women were around. ¶ Any way you slice it, that's just wrong.

Ask Men's Fitness

Boxers are always jumping rope—why? Is it really such a great conditioning exercise? I'm not even sure how I'd start.

MICKEY C., LOS ANGELES, CA

"Watch any boxer in training, and sooner or later he'll reach for a rope," says boxing coach Adam Colberg of Greenwich, CT. "Pro boxers often do 10 to 15 minutes a day.'

Why? "Boxing is both aerobic and anaerobic," Colberg says, "and a rope can also be used for either. The speed can be varied to reach a lower heart rate over a longer time, or higher over a shorter time." So it's the perfect interval workout, as a fighter can lose weight and build muscle but also improve speed, agility, and endurance.

Plus, savs Ross Enamait of ross training.com: "Jumping enhances footwork and rhythm, which are both key to moving gracefully in the ring."

To start, get an adjustable plastic "speed" rope, says Colberg, and try singleunders: "Use a light swinging action, and as the rope comes over, take a little spring off the balls of your feet so it passes underneath." Once you can do continuous jumps, learn to shuffle your feet side to side: then time yourself: When you can do a few two- or threeminute rounds, resting 30 to 60 seconds in between, that's great progress.

Soon you can work up to more show-offy stuff-"tricks like double-unders, with two spins per jump," he says. Way to go, Rocky.

nating. Some fun trivia:

\$2's are called deuces,

or Toms, after Thomas

• Around since 1862,



Light on your feet.

endurance but also

Boxers improve not just their

their fancy

footwork by

jumping rope

I'd like to try the "disconnected undercut"-top long, sides Beckham. What do I

the times. It came in with Boardwalk Empire's Jimmy Darmody character, and fashion's gonna kill it. I had a pompadour for 20 years, then that was over.

But if you want an undercut, it works well on someone with a strong jawthink Brad Pitt in period pieces, or Johnny Depp in Public Enemies, It's also good with a pear-shaped headif you do it right, it adds bulk on top-or an oval or heartshaped face. It also

looks good with thicker hair-it lets the top lie flatter. But don't let it go superlong. And slick it back or style it; then it'll fall during the day, and that's when it looks good.

Most of all, make sure it's not taken all the way up to where the top of the head starts rounding-that's an '80s bowl cut! A proper undercut is tapered out-shorter, but faded out so when you slick it back it looks like a full haircut. You don't want the top hanging there like a limp dog.

It bugs the fuck out of me when someone pulls the hair up on top. shaves all around, and calls it a day. That's how the mullet was invented



They're

real, but... Merchants

don't have to

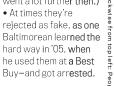
accept \$2 bills—or

any currency, for that matter.

Igota\$2 bill and figured it was fake. No? TOM J., NORFOLK, VA

Nope, they're real-

and they're worth...\$2! But sightings are scarce: "When people see one, they think it's rare, and keep it," says filmmaker John (The 2 Dollar Bill Documentary) Bennardo, "That keeps them from circulating, and furthers the idea they're rare." Not rare, but fasciJefferson, whose face adorns them-an honor first held by Alexander Hamilton, who's also about to be dumped from the \$10 bill. Guy can't catch a break. • They got a bad rap in the 1900s for supposed links to \$2 racing bets and quickies with hookers. (Yeah, two bucks went a lot further then.) • At times they're







THE TRUTH ABOUT GROWTH HORMONE

THINK ABOUT THIS: If human growth hormone didn't boost physical performance, increase muscle mass, reduce body fat, and enhance recovery, energy & endurance... then why has it been banned by virtually every professional and amateur sporting organization?



Growth Factor-9. The first and ONLY oral compound shown to enhance the body's own growth hormone levels by a mean of 682%.* Protected by ELEVEN United States Patents.† Expensive? Another truth... You get what you pay for. Do not accept substitutes or look-alikes. Get all the facts and see the research at GrowthFactor9.com. Available at GNC, Bodybuilding.com, Lucky Vitamin, The Vitamin Shoppe, or direct from the manufacturer at GrowthFactor9.com or call 1-800-549-0381. A full 30-day supply costs about \$99. Use promo code THINK13 for free shipping!

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease

■ You're smart to askno meal out is worth dying for, right? So here's the lowdown:

Salmonella, a foodborne bacteria, "results in more hospitalizations and deaths than any other bacteria in food," says the CDC's Robert Tauxe, M.D. You get it from eating undercooked, wrongly prepped, or unclean food, with symptoms -diarrhea, cramps, fever-lasting four to seven days.

To dodge salmonella when eating out (and you really want to do that, as even a mild case can be very painful): Eat only thoroughly cooked meat and poultry (no rare steak, soft bacon, or pink chicken for you!), and eggs with very firm yolks and whites. If it's not cooked enough, send it back. Also, be sure to

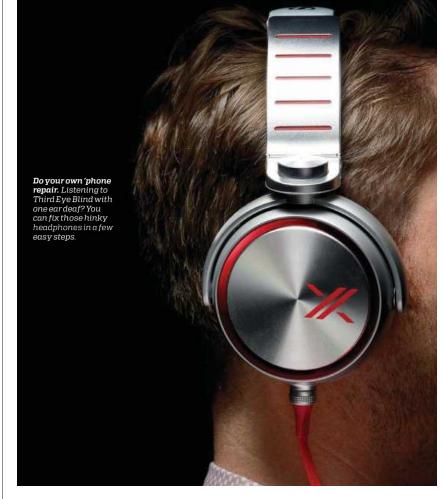
RUNNY EGGS-OR RAW EGGS LURKING IN FOODS LIKE UNCOOKED COOKIE DOUGH-CAN MAKE YOU

SICK AS A DOG.

avoid uncooked foods that might contain raw eggs, like hollandaise and béarnaise sauce, mousse, meringue, and "homemade" Caesar dressing and ice cream. In fact, to be ultracareful (especially at fast-food joints), we'd skip all raw foods, even veggies: In the past few years, cukes, bean sprouts, tahini, and raw nut butter have all caused outbreaks.

E. coli, on the other hand, is caused by certain intestinal bacteria and can be contracted by touching or consuming anything contaminated with feces, either human or animal. It can lead to bloody diarrhea and even kidney failure.

To avoid it when out: Be sure food's fully cooked, especially ground beef; wash your hands after using the iohn, no matter what you did in there; and, again, be wary of raw foods, in case a handler or prepper didn't wash-then went and fondled what's now on your plate.



Every time I get a set of headphones, one ear eventually goes out. Is this something I can fix?

RODIO M., BROOKLYN, NY

Yes! With a few inexpensive tools and some simple how-tos, you can probably nurse those dead 'phones back to life.

(Wish we'd known that when we laid down \$180 for a pair last year, *&#\$@\$!) ¶ But why do they seem



to die so easily in the first place? "Wear and tear, abuse, poor design, or they're just doing what they were designed to do—last just past the $\,$ warranty," says Jay Ambrose of Jay's Headphone Repair (headphone repair.com). And if the cable's vanked or stepped on, or you keep the set in a bag with heavy items, that can damage the ear cup's female plug, so an ear quits or the sound cuts in and out. It's frustrating—and expensive. ¶ But not if you do this: Round up a small Phillips-head screwdriver, needle-nose pliers, a basic solder iron, solder, and a continuity tester, then hit mensfitness.com/h-phones for easy-to-follow directions/photos. You'll be out of your headphone-less hell in no time.



I'm dying to be able to throw my voice like a ventriloquist, and freak people out at parties. Does that sound crazy?

CHARLIE M., BUTTE, MT ■ Not to ventriloquist and 2015 America's Got Talent champ Paul Zerdin. "I have a lot of fun being a 'vent,'" he says. "My girlfriend thinks I have the latest topof-the-line GPS-she doesn't know it's me!"

It can be a bit tough to master: "Your tongue has to take over and re-

create the sounds your lips make," says Zerdin, "almost like learning to speak again."

But it doesn't have to take forever. "I learned in three months, though it can take longer," says ventriloguist Steve Axtell. And, oh, the fun he's had with it: "I once dismissed everyone from the high school cafeteria during lunch by imitating the sound of the horn," he says. "A snitch got me taken to the principal's office, but he just said, 'Do it

for me,' then laughed and told me never to do it again."

To start "vent"-ing, try Axtell's free online "Ventrilo-Quick" guide (axtell.com/vent .html) for intro tips; then check out learn-ventriloquism .com, which offers a full course for just \$97.

And if anybody breaks your balls about your new hobby, tell them that AGT champ Zerdin walked off with a \$1 million prize. So... who's the dummy?



























OUR EXPERTS ANSWER YOUR MOST INTIMATE OUESTIONS-NO HOLDS BARRED

THIS MONTH'S PANEL: WRITER/STAND-UP

JENA FRIEDMAN

PSYCHOTHERAPIST/

IAN KERNER, PH.D.

TAMMY NELSON, PH.D. PSYCHOTHERAPIST/

brought out a vibrator during sex and suggested we use it. Can you give me any specifics on how to get the most out of the thing? (And I assume her buying it doesn't mean I'm not doing my job-right?)

A girl I'm dating

BILL N., FLAGSTAFF, AZ DR. NELSON: First. the reason they call a vibrator a sex "toy" is because it's supposed to be fun. It can never replace you, so don't worry.

A vibrator's a great way to create extra stimulation for her clitoris while you're inside her, and may help give her that all-elusive orgasm during intercourse.

All women need clitoral stimulation to climax, so don't be shy-make the sex toy your friend.

DR. KERNER: Even if it's shaped like a penis, focus on stimulating the vulva rather than penetrating the vagina. Think of it as a gentle tongue rather than a thrusting penis. Put it on

low, get into the Zen of the moment, and lightly press the vibe against her clitoris: let her do the moving and grooving.

As there's often an arousal gap between the sexes, a vibe is a great way to get her close to orgasm so you can take some of the pressure off your penis. If you're not sure what to do, put her hand over yours and let her give you a guided tour.

I see the same girl on the bus each morning-we make eve contact, and once actually smiled at each other, but that's it. I've even started staying on the local bus instead of switching to the express so I'll run into her. I want to talk to her, but how should I go about it? I don't want to come off like a stalker...

LEN C., CHICAGO, IL JENA: Are you a stalker? If so, I'd say



just keep doing what you're doing.

For the nonstalker who plots his commute to run into his crush but wants to take it to the next level, the next best move is breaking the ice with "hi." If she says "hi" back, that's a good sign. And watch body language: If she opens up and turns to you, go on to something provocative, like "My name's ___

If she tells you her name, maybe ask where she works, then schmooze a bit. For example, if she says, "Planned Parenthood," you could say you applaud her efforts to provide the community with affordable, quality health care, like mammograms and birth control, then get out your phone and make a nice donation at planned parenthood.org. See how that works?

Once the phone's out, slyly ask for her number. Twenty bucks says she'll give it to you-and so will I, you stud.

My girlfriend asked me how many women I've had sex with-should I be honest? It's not, like, an army, but it's more than a handful. And do I want to know her tally? What if she tells me she's been with the whole football team? I'm not sure I'm ready for that...

AARON Z., NASHVILLE, TN

Better to build a relationship based on honesty than deception. So come up with a rough number rather than a specific

one (specific means you remember each and every partner; rough means that, except for the woman in front of you right now, they were all completely forgettable), then round down to the nearest 10 and give her that. ¶ But in my experience as a sex therapist, you know what I've found is worse than having had too many lovers? Having had too few! I've never worked with a couple who've split up because they've had too many partners, but I have worked with couples in which one partner (often the woman) has broken it off because she feels she hasn't had enough sexual experiences and wonders what she may be missing out on. ¶ So don't worry about what the numbers mean-they don't mean anything. Casual sex is an important way for both of you to learn about your own unique sexual template, to gain experience pleasuring and being pleasured, and to understand the contours of your turn-ons and turnoffs. Your partner now could potentially end up as your life partner, so whether she's your fifth or your 50th (or you're hers), just treat her like she's No. 1. DR. KERNER

No-don't ask her, and never be honest. Tell her you can't remember the number because ever since you met her, no woman has even counted. JENA





For those that dominate the weight room, the field, or the track – AMINOx® will help you push your performance even further. The effervescent amino acid formula gives it all: lasting endurance, heightened performance, and enhanced recovery. Try the new Strawberry Dragonfruit and Tropical Pineapple, or stack Unflavored with other BSN products for the ultimate performance shake.









CRUNCH-FREE ABS

See your abs in six weeks with this full-body workout

By Robert Yang Photographs by James Michelfelder

Believe it or not, if you want a ripped midsection by spring, training your abs directly should be last on your list of priorities. The first step is cleaning up your diet. The second should be this program, which focuses on training the biggest muscles in your body to burn the most calories (thereby shedding the fat that covers your abs). In six weeks, you'll already be revealing some of the definition you'd buried beneath your winter belly. And you'll be shocked at how few abs exercises it took to get there.

How It Works

This program comes in two parts. You'll do one phase of workouts for three weeks and then another threeweek phase with different workouts. The first part has no direct ab training at all, just circuits of tough, big-muscle exercises like squats and presses that rev up your metabolism. In the second phase, once your body-fat levels are down enough to reveal some ab definition, we'll target the six-pack with a hanging leg raise and weighted crunch variations, two of the most effective moves for adding dense ab muscle that pops through the skin.

Vest: J.LINDEBERG Shorts: PUMA Sneakers: NIKE Tech: SONY Want it? See page 126.

Directions

Alternate each workout (Day I and Day II) for three total sessions per week, resting a day between each. So you can do Day I on Monday, Day II on Wednesday, and Day I again on Friday in the first week. (You'll do Day II's workout twice the second week and repeat the cycle.) The first three weeks make up Phase I. After the third week, switch to the workouts in Phase II, which are done the same wav.

Exercises
marked "A," "B,"
and "C" are done in
sequence. Perform
one set of each,
and then rest after
C. Repeat for the
prescribed number
of sets. Note that
in Phase II, the ab
exercises are A and
B (not C), so rest
after B.



PHASE I: 3 WEEKS: DAY I

FRONT SQUAT

Sets: 4 Reps: 6-8 Rest: 0 sec.

Grasp the bar with hands at shoulder width and raise your elbows until your upper arms are parallel to the floor. Take the bar out of the rack and let it rest on your fingertips. Step back and set your feet at shoulder width with toes turned slightly out. Squat as low as you can without losing the arch in your lower back.

DUMBBELL OVERHEAD PRESS

Sets: 4 Reps: 8-10 Rest: 0 sec.

Stand with feet shoulder-width apart and hold a dumbbell in each hand at shoulder level. Brace your core and press the weights straight overhead.





SUPERIOR SCIENCE POWERFULL RESULTS

— MUSCLETECH® PRO SERIES IS NOW BIGGER THAN EVER! -

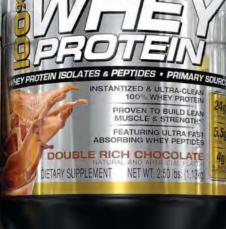
USCLETECH

PROSERIES



MuscleTech® Pro Series is a complete line of advanced supplements to help you maximize your athletic potential. These three latest additions are now available at Walmart! Don't miss out – supercharge your stack!









CLEAR MUSCLE 8:

- The most advanced muscle and strength builder available
- Powered by BetaTOR™, Clear Muscle® dramatically amplifies protein synthesis while fighting catabolism
- Subjects using the precise Clear Muscle® formula gained 16.3 lbs. of muscle in 12 weeks. Placebo group gained 4.6 lbs.

PREMIUM GOLD 100% WHEY PROTEIN:

- Ultra-premium protein featuring whey protein isolates and peptides
- Produced using a superior cold-processed microfiltration process
- Can be taken pre-workout, post-workout and between meals

VITABUILD™:

- Delivers essential daily nutrients athletes are looking for to support general health
- Delivers 33 vitamins, minerals, antioxidants, phytonutrients, aminos and herbs in one dose
- Contains 100% of your daily value of vitamins A, B6, C, D, E, iron, zinc, thiamin and manganese



Don't forget to check out these five innovative products from the MuscleTech® Pro Series:

- NeuroCore®: Explosive, fast-acting pre-workout
- CreaCore®: Clinically dosed creatine amplifier
- MyoBuild® 4X: Powerful amino-BCAA recovery formula
- > AlphaTest®: Max-strength testosterone booster
- >> Muscle Builder: Extremely powerful, clinically dosed musclebuilder



DUMBBELL **BENCH PRESS**

Sets: 4 Reps: 8-10 Rest: 0 sec.

Hold a dumbbell in each hand and lie back against a flat bench. Position the dumbbells at shoulder level. Press them over your chest.

2B ⊳ SINGLE-LEG **SOUAT TO BÈNCH**

Sets: 4 Reps: 8-10 (each leg) Rest: 0 sec.

Set a bench or box behind you that's tall enough so that when you sit on it your thighs are parallel to the floor. Extend one leg in front of you and bend your hips back to sit on the bench, but don't relax on it. Extend your hips to come back up.

FEET-**ELEVATED**

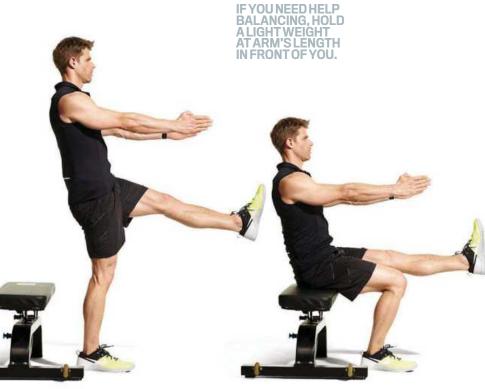
Sets: 4 Reps: As many as possible Rest: 60 sec.

Get into pushup position and place your feet on a bench or box. Lower your body until your chest is just above the floor, and then push up.

FARMER'S WALK

Sets: 3 Reps: Walk 60 sec. Rest: 30 sec.

Hold a heavy dumbbell in each hand and walk as quickly as you can. Keep your shoulders back and chest out.



PHASE I: 3 WEEKS: DAY II

DEADLIFT

Sets: 4 Reps: 6-8 Rest: 0 sec.



WIDE-GRIP PULLUP

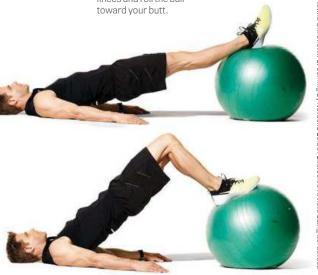
Sets: 4 Reps: 8-10 Rest: 0 sec.

Hang from a pullup bar with your hands twice shoulder-width apart. Pull yourself up until your chin is over the bar.

$1C \nabla$ **SWISS BALL LEG CURL**

Sets: 4 Reps: As many as possible Rest: 60 sec.

Lie on the floor and rest your heels on a Swiss ball. Brace your abs and drive your heels into the ball to extend your hips. From there, bend your knees and roll the ball toward your butt.



2A > WIDE-GRIP BENTOVER ROW

Sets: 4 Reps: 8-10 Rest: 0 sec.

Set a barbell on a rack and grasp it with hands twice shoulder-width apart. Take it out of the rack and step back.
Bend your hips back and lower your torso until it's parallel to the floor.
Pull the bar to your belly button.



BACK EXTENSION

Sets: 4 Reps: 12-15 Rest: 0 sec.

Secure your feet on a back-extension bench and set the pad just under the crease of your hips. Bend your hips and lower your torso as far as you can without losing the arch in your lower back. Squeeze your glutes and extend your hips to lockout so your body forms a straight line.

<mark>2C</mark> SEATED CABLE ROW

Sets: 4 Reps: 12-15 Rest: 60 sec.

Attach a V-grip handle to the pulley of a seated cable row machine. Set up on the bench with knees slightly bent and grasp the handle with palms facing each other. Row the handle to your sternum, drawing your shoulder blades back and pushing your chest out. As you lower the weight, allow your torso to bend forward so your lats get a stretch.

BATTLING ROPES OR BEAR CRAWL

Sets: 3 Reps: Work for 30 sec. Rest: 30 sec.

Secure a rope around a fixed object and grasp one end of it in each hand. Whip the rope into the floor as hard and as fast as you can for 30 seconds. If you don't have a rope, get on all fours and crawl forward like a bear for 30 seconds.





1B DUMBBELL FRONT SOUAT

Sets: 4 Reps: 8-10 Rest: 0 sec.

Hold two dumbbells or kettlebells under your chin and perform the front squat as described on Day I.

Sets: 4 Reps: 12-15 Rest: 60 sec.

Straddle a barbell with your feet at right angles to each other. Squat down and grasp the bar at arm's length. Drive through your heels to stand up with it. Change the leg that points forward each set.

EXERCISES
THAT WORK
THE BIGGEST
MUSCLES DO
THE MOST
TO REVEAL
YOUR ABS.

2A ▷ OVERHEAD PRESS

Sets: 4 Reps: 6-8 Rest: 0 sec.

Set the bar on a rack at shoulder level. Grasp it with hands shoulderwidth apart. Nudge the bar off the rack and step back. Raise your elbows so your forearms are perpendicular to the floor and brace your abs. Press the bar overhead, pushing your head forward as the bar clears your face.

2B DIP

Sets: 4 Reps: 8-10 Rest: 0 sec.

Suspend your body over parallel bars. Lean forward as far as possible with your knees bent. Lower your body until your upper arms are parallel to the floor.

INCLINE DUMBBELL PRESS

Sets: 4 Reps: 10-12 Rest: 0 sec.

Set an adjustable bench to a 30- to 45-degree angle. Hold a dumbbell in each hand and press them over your chest.





3A △ HANGING LEG RAISE

Sets: 3 Reps: As many as possible Rest: 0 sec.

Hang from a pullup bar and extend your legs beneath you. Brace your abs and raise your legs until your toes touch the bar.

3B HANGING KNEE RAISE

Sets: 3 Reps: As many as possible Rest: 60 sec.

Bend your knees 90 degrees and raise them to hip level.

SUMO DEADLIFT Sets: 4 Reps: 6-8 Rest: 0 sec. Stand with feet outside shoulder width and toes turned out 45 degrees. Bend hips back to grasp the bar at arm's length. Push your knees out and drive through your heels to extend your hips to lockout, lifting the bar until it's in front of your thighs.

<mark>1B</mark> DUMBBELL SWING

Sets: 4 Reps: 12-15 Rest: 0 sec.

Stand with feet shoulder-width apart and hold a kettlebell (or dumbbell) with both hands. Bend your hips back so the weight swings between your legs and behind you. Explosively extend your hips and allow the momentum to raise the weight to eye level.

1C ▷ HIP THRUST

Sets: 3 Reps: 12-15 Rest: 60 sec.

Sit on the floor and roll a loaded barbell into your lap. (You may need to wrap it in a towel or use a bar pad for comfort.) Lie back against a bench, bend your knees, and plant your feet on the floor. Brace your abs and drive through your heels so you raise your hips off the floor to full extension.



THE BARBELL HIP THRUST STRENGTHENS THE GLUTES, HAMSTRINGS, AND CORE WITHOUT RISKING BACK STRAIN.

2A RENEGADE ROW

Sets: 4 Reps: 8-10 (each side) Rest: 0 sec.

Hold a dumbbell in each hand and get into pushup position with your feet spread wide. Brace your abs and shift your weight to the left side. Row the righthand dumbbell. Repeat on the other side.



2B > CABLE ROW TO NECK

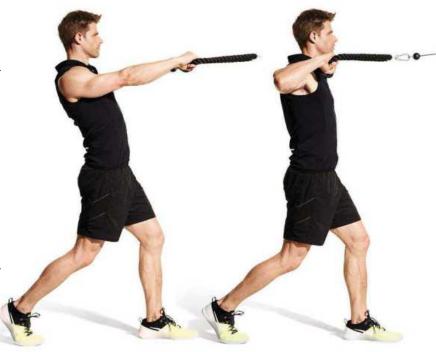
Sets: 4 Reps: 10-12 Rest: 0 sec.

Attach a rope handle to the top pulley of a cable station and grasp an end in each hand. Stand away from the machine to put tension on the cable and row the handle to your neck, flaring your elbows out.

2C NEUTRAL-GRIP LAT PULLDOWN

Sets: 4 Reps: 12-15 Rest: 60 sec.

Secure your knees under the pad of a lat-pulldown station and attach a V-grip handle to the pulley. Pull the handle to your collarbone.



3A WEIGHTED SWISS BALL CRUNCH

Sets: 3 Reps: 8-10 Rest: 0 sec.

Lie back on a Swiss ball holding a weight plate or dumbbell on your chest. Allow your body to mold around the ball so you feel a stretch in your abs. Raise your upper back off the ball while driving your lower back into the ball, contracting your abs.

3B SWISS BALL CRUNCH

Sets: 3 Reps: As many as possible Rest: 60 sec.

Perform the same crunch movement without the weight plate.

















Cornflake-Crusted Fish & Chips

PAGE 112

MAKES: 4 SERVINGS

INGREDIENTS

FOR FISH

- ¼ cup whole-wheat breadcrumbs
- ¼ cup grated Parmesan Pinch of black pepper
- 1 tsp ground flaxseed
- 4 cod fillets (3 oz each), without skin

FOR GREEK YOGURT TARTAR SAUCE

- 1 cup 0% Greek yogurt
- 2 tbspsweetrelish
- 2 tbsp chopped fresh chives
- 1 tsp chopped fresh dill
- 1 tsp Dijon mustard
 Juice of 1 lemon
 Pinch of kosher salt
 Pinch of cayenne
 pepper
 Dill pickles

FOR CHEESY POLENTA TOTS

(18-oz) sleeve organic polenta, cut into 1-inch rounds, then diced into bite-size pieces Drizzle of extra-virgin olive oil

34 cup finely grated Parmesan
Pinch of black pepper

DIRECTIONS

- 1) Preheat oven to 375°F. In a bowl, combine breadcrumbs, Parmesan, pepper, and flaxseed.
- 2) Coat a baking pan with cooking spray and place fish on it. Sprinkle the crumb mixture evenly over the fish. Bake for 15 minutes.
- 3) In a bowl, combine yogurt, relish, chives, dill, mustard, lemon juice, salt, and cayenne pepper. Chill until ready to serve.

- 4) Place polenta pieces in a bowl and drizzle oil on top. Add Parmesan and pepper. Gently toss until polenta is coated.
- 5) Line a baking sheet with foil and lightly coat with cooking spray. Place the coated polenta bites on the sheet and bake for 12 minutes.
- 6) Divide polenta tots among plates and top each with a piece of fish; serve with a few pickles and a dollop of tartar sauce.

NUTRITION (PERSERVING)

388 calories, 41g protein, 30g carbs, 12g fat THE ONLY WAY YOU'LL STICK WITH EATING GOOD FOOD IS IF IT TASTES BETTER THAN JUNK FOOD.



Butternut Squash Mac & Cheese

MAKES: 6 SERVINGS

INGREDIENTS

FOR MAC & CHEESE

- 1 Ibrice pasta
- 1 tsp olive oil
- ½ medium onion, grated
- 1 tsp liquid amino acids
- 1 tsp ground pepper
- 1 tsp fresh or dried thyme
- ¼ tsp cayenne pepper
- ¼ tspnutmeg
- 2 cups frozen or fresh butternut squash
- 1 cup chicken stock
- ½ cup unsweetened almond milk
- 2 tbsp nutritional yeast
- ½ cup grated white cheddar cheese

FOR GARNISH

- 2 garlic cloves, smashed and minced
- ½ cup gluten-free breadcrumbs
- 2 tbsp chopped fresh parsley

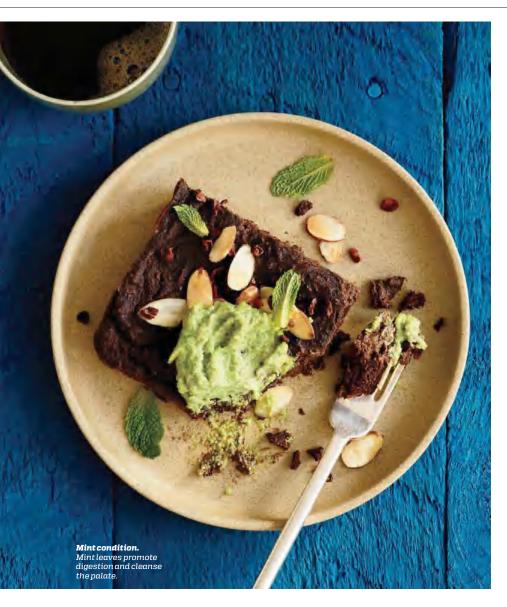
DIRECTIONS

- 1) Boil pasta and cook until tender, 12 to 14 minutes.
- 2) Meanwhile, place a large saucepan over medium heat. Addoil, onion, amino acids, pepper, thyme, cayenne, and nutmeg. Stir until onions are translucent.
- 3) Add squash, stock, almond milk, and yeast and bring to a boil. Turn off heat. With a hand immersion blender, puree the sauce until smooth. Stirin cheese.
- **4)** Strain pasta and stirit into the sauce.
- 5) In a saucepan over medium heat, add garlic, breadcrumbs, and parsley and cook for a minute. Serve pasta in bowls, garnished with breadcrumb mixture.

NUTRITION (PERSERVING)

364 calories, 10g protein, 68g carbs, 7g fat

Good eats





Ouinoa Meat Loaf

MAKES: 8 SERVINGS

INGREDIENTS

- 1 cup quinoa, cooked
- tsp thyme tsp chili powder
- 1 tsp black pepper
- cup unsweetened almond milk
- medium white onion, roughly chopped
- 1 small carrot, chopped
- medium red bell pepper, chopped
- 1/2 cup arugula
- 2 garlic cloves
- 2½ lbs lean ground turkey

- tsp salt
- egg
- 2 tbsp chopped flat-leaf parslev

FOR GLAZE

- ½ cup organic ketchup
- tsp Worcestershire sauce
- tsp Tabasco sauce
- tsp cumin
- tsp honey

DIRECTIONS

- Preheat oven to 350°F. In a small bowl, combine cooked quinoa, thyme, chili powder, black pepper, and almond milk. Set aside.
- 2) In a food processor, combine onion, carrot, bell pepper, arugula, and garlic. Pulse until all are well chopped. Be careful not to overchop.

- Transfer vegetables to a large mixing bowl and add turkey and the quinoa mixture. Add salt and egg. Gently combine.
- 4) Line a baking sheet with foil and lightly coat with cooking spray. Mold the meat into a rectangular shape in the center. In a bowl, mix all the glaze ingredients together and brush over meat loaf.
- 5) Bake meat loaf for about 45 minutes, or until the internal temperature is well done (165°F on a meat thermometer). Let stand 5 minutes before slicing. Sprinkle with parsley and serve.

NUTRITION (PERSERVING)

345 calories, 41g protein, 12g carbs, 17g fat

QUINOA'S STARCH NATURE MAKES IT A SUBSTITUTE FOR BREAD-**CRUMBS**



Sloppy Joes

MAKES: 4 SERVINGS

INGREDIENTS

- 4 medium sweet potatoes
- tbsp coconut oil
- Ib lean ground turkey
- (10 oz) jars roasted tomato salsa (15 oz) can no-salt-
- added tomato sauce
- tsp honey
- tbspapple-cider vinegar
- tbsp honey mustard
- tsp kosher salt Ground pepper
- tsp garlic powder
- cup roughly chopped flat-leaf parsley

DIRECTIONS

1) Preheat oven to 375°F. Cut sweet potatoes lengthwise, deep

- enough to open them in half. Line a baking sheet with foil and place sweet potatoes flesh side down. Bake for 25 minutes.
- 2) Place a skillet on medium-high heat and add oil. Add turkey and break it up with a spoon. Lower heat to medium-low and cook the meat.
- 3) Add salsa, tomato sauce, honey, vinegar, and mustard. Season with salt, pepper, and garlic powder. Cook until the mixture thickens.
- 4) When potatoes are done, scrape them with a fork to loosen the skin. Place potatoes, open side up, on the plate, and scoop a heaping ladle of the turkey mixture into the centers. Garnish each plate with a sprinkle of parsley.

NUTRITION (PER SERVING)

446 calories. 35g protein, 44g carbs, 16g fat



Brownies w/ Whipped Mint **Cashew Cream**

MAKES: 16 SERVINGS

INGREDIENTS

FOR BROWNIES

- 12 pitted dates, soaked in warm water 30 minutes
- package silken tofu cup unsweetened
- cocoa powder cup unsweetened almond milk
- tbsp cacao nibs (or mini dark chocolate chins), reserve 1thsn for garnish
- tbsp vanilla extract
 - thsp chia seeds Dash of cayenne pepper
 - Pinch of kosher salt
- 6 tbspbrownriceflour
- ½ tsp baking powder tbsp sliced almonds

FOR MINT CASHEW CREAM

- cups raw cashews, soaked in warm water at least 15 minutes
- 5 cups fresh spinach

- tbsp mint extract (or use ½ cup soaked fresh mint leaves)
- 2 tbsp maple syrup

DIRECTIONS

- 1) Preheat oven to 350°F. In a high-powered blender, add dates, tofu, cocoa powder, almond milk, 2 tbsp cacao nibs, vanilla, chia seeds, cayenne, and salt. Blend, periodically pausing the blender to scrape down the sides.
- 2) Add flour and baking powder and pulse the blender until incorporated but do not overblend. Coat a 9-by-9 baking dish with cooking spray and transfer the batter to the dish.
- 3) Top batter with the 1tbspreserved cacao nibs and almonds. Bake for 40 minutes. or until brownies are set. Let cool completely before cutting.
- 4) Place all cashew cream ingredients in the blender and blend. To serve, place a brownie on a plate and top with a dollop of the cashew cream Garnish with a mint sprig, if you like.

NUTRITION (PERSERVING)

189 calories, 5g protein, 20g carbs, 12g fat







THERE'S ONLY ONE GOLD STANDARD

Help kick start your recovery with ON's Gold Standard 100% Whey™. The world's best-selling whey protein delivers 24 grams of fast-acting protein with low levels of fat. Because anything less than 100% isn't good enough, we've instantized the powder to mix effortlessly and make absolutely sure each shake tastes exactly as expected every time.



Most in the least

How It Works

■ The number of exercises a workout requires depends on many factors, including your goals, experience level, and the time you can devote to training. But when you really think about it, a guy who wants to get bigger and stronger really needs only three: a main lift that accomplishes most of the work, an exercise that works its reciprocal muscles to provide balance, and one more move that assists in building your strength on the main lift or attacks a weakness that could obstruct gains on it.

For upper body, the incline bench press can be that main lift, as it works the chest, shoulders, and triceps thoroughly. (Why not the flat bench press? Either is fine, but the incline makes it safer.) The upper body also consists of the many back muscles, rear delts, and biceps, so a rowing movement makes a good follow-up. Finally, a dip works the pressing muscles in a different way and targets the triceps a little more directly, making it a great aid in boosting your incline-pressing power. Stick with this three-part formula for upperand lower-body workouts, and you'll never be at a loss for what to do in the gym-or muscle mass.

Directions

Perform each workout (Day I, II, III, and IV) once per week. Rest a day between the first three workouts if possible, but you can perform Day III and Day IV on back-to-back days.

You'll change the sets and reps for the first exercise in Days I, II, and III weekly. In Week 1, you'll perform the sets and reps shown. In Week 2, you'll do six sets of four reps for the front squat, incline bench press, and sumo deadlift. In Week 3, you'll do eight sets of three reps for each of those lifts. In the fourth week, begin the cycle again. As the rens decrease, increase your weights accordingly, but leave two reps "in the tank" on each set (i.e., do not go to failure). Note that all the remaining lifts in each workout maintain the same sets and reps as shown for Week 1.

Alternate sets of exercises marked "A" and "B" until all sets are completed.



ROMANIAN DEADLIFT

Sets: 5 Reps: 10

Grasp the bar at shoulder width and take it out of a rack set to hip level. Hold the bar in front of your thighs, pulling it in toward your body-don't let it drift in front of you when you begin the movement. Bend your hips back and lower your torso, allowing your knees to bend as needed, until you feel a stretch in your hamstrings. Extend your hips to come back up.



Hoodie: TLF Tights: LULULEMON Sneakers: NIKE Tech: FITBIT See page 126.

Attach a band to a sturdy object at chest level (or use a D-handle on a cable station). Hold the other end with both hands and step away from the attachment point, turning your body perpendicular to it to put tension on the band. Pull the band in front of your chest and then press it out with arms straight. Bend your arms and draw your hands back toward you, resisting the band from twisting your torso. That's one rep.





DAY II

INCLINE BENCH PRESS

Sets: 5 Reps: 5

Adjust a bench to a 30- to 45-degree angle and lie back on it. Grasp the bar with hands just outside shoulder width. Arch your back and tighten your glutes and abs. Plant your feet firmly. Pull the bar out of the rack and lower it to your chest, just below your collarbone. Push your feet into the floor as you press the bar back up. Change the sets and reps according to the directions weekly.



2A ▽ ONE-ARM DUMBBELL ROW

Sets: 5 Reps: 10 (each side)

Hold a dumbbell in one hand and rest the opposite arm and knee on a bench. Pull the weight up to the outside of your hip and lower it until you feel a stretch in your lat.

2B DIP

Sets: 5 Reps: As many as possible

Suspend your body over parallel bars with hands just outside shoulder width. Lower your body until your upper arms are parallel to the floor. If you can't do at least five reps on each set of dips, perform close-grip pushups instead.



DAY III

SUMO DEADLIFT Sets: 5 Reps: 5

Stand with feet outside shoulder width and toes turned out 45 degrees. Bend your hips back to grasp the bar at arm's length with a shoulder-width grip. Push your knees out and drive through your heels to extend your hips to lockout, lifting the bar until it's in front of your thighs. Change the sets and reps according to the directions weekly.



Most in the least

2 HIP THRUST

Sets: 5 Reps: 10

Sit on the floor and roll a loaded barbell into your lap. Lie back against a bench, bend your knees, and plant your feet on the floor. Brace your abs and drive through your heels so you raise your hips off the floor to full extension.



AB WHEEL ROLLOUT

Sets: 3 Reps: As many as possible

Kneel on the floor with your shoulders over the wheel. Brace your abs and extend your arms in front of you, rolling forward until you feel your lower back is about to sag. Roll back.







1B△ CHINUP OR REVERSE-GRIP PULLDOWN

Sets: 5 Reps: As many as possible

Hang from a bar with hands shoulder-width apart and palms facing you. Pull yourself up until your chin is over the bar. If you can't do at least five reps, use a lat-pulldown machine and grip the bar with palms facing you to simulate a chinup. Choose a load that allows you 10 reps.

TRICEPS PUSHDOWN

Sets: 3 Reps: 12-15

Attach a rope handle to the top pulley of a cable station and grasp an end in each hand. Tuck your elbows to your sides and extend them to lockout.



Walmart :

SHOWCASE



MATTERS OF THE HEART

Provoke the heights of passion with the Liberator Heart Wedge. The inspired design intensifies the glory of your love.

liberator.com • 1-866-542-7283

VIGOR LABS AWARD WINNING DIETARY SUPPLEMENTS



Ball Refill is #1 for increasing male volume and Chainsaw is #1 for hardness. Wrecking Balls increases your testosterone. Black Snake is first to increase





natural male size. Raw HGH supports HGH levels. Black Antler (banned in pro sports) contains real Deer Antler Velvet. Each product is \$19.95 (Black Snake, Raw HGH & Black Antler \$39.99). Users report amazing results. VigorLabs.com or 1-888-698-6603



DIVE BAR T-SHIRTS

Join the club and you'll get a new tee every month from the best bars you've never heard of. DiveBarShirtClub.com

TO ADVERTISE IN MEN'S SHOWCASE, CONTACT LORELIS MARTE 646-521-2802 LMARTE@AMILINK.COM

ATHENA PHEROMONE 10X[™] GETS YOU MORE AFFECTION FROM WOMEN

Boost your attractiveness to women with biologist Winnifred Cutler's trade secret formula. Scientifically proven to work for 74%.

"My wife started to be interested in romance again since I started wearing the 10X." -Ron (CA) 4-6 mo. supply \$99.50. Athena Institute,

1211 Braefield Rd, Dept MF, Chester Spgs, PA 19425 Athenainstitute.com





MAN UNDERCOVER

Underwear like outerwear is a reflection of who you are. So stop wearing those loose baggy white underwear. Get color get style be



sporty be sexy be daring. Thongs, Briefs, Bikinis, Boxerbriefs, Jockstraps, Sheer, Semi Sheer, Patterns. Undress to impress. We have what you need to look and feel your best. Discrete Shipping.

www.man-undercover.com

PARTY GIRLS

Live Talk.

Energetic.

Uncensored.

614-263-2633

From \$1.65/min No Connection Fees



VIEWS SHOWCASE

TRAIN PAIN-FREE! NO MORE ACHES & PAINS!



Shoulder pain, leg and ankle pain, low back pain, elbow pain, knee pain, neck strain, tendonitis, aching joints, sore muscles, all injuries.

Proven fast pain relief & recovery of injured tendons, ligaments, cartilage and muscles!

For more info and to order online visit SINEWTHERAPEUTICS.COM







PADDLE YOUR WAY FIT

A fun, full body workout with a NeedleNose™ iSUP will have you feeling & looking great! Packs in a backpack, inflates in minutes! Unique patented wave piercing bow & straight line hull make it fast and sleek! 3 sizes available. Packages \$899 & up.

www.SeaEagle.com • Dept MF036B



SHAVE YOUR BACK!!

AMAZING NEW PRODUCT for a Perfect Self-Back Shave! The revolutionary UltraFlexx handle is designed to hold ANY blade razor & form to ANY shape desired. \$19.99 at SHAVEULTRAFLEXX.com



BUILD GRIP STRENGTH AND ENDURANCE

Grip Pro Trainer very effectively increases finger-hand-forearm strength. Has a natural feel and is comfortable to use. Compared to V-spring exercisers it offers an even workout. 3 levels of resistance: 30lb, 40lb and 50lb. \$7.95 each or all 3 \$19.95 1-866-574-GRIP • GripProTrainer.com





EARBUDI... KEEP EARBUDS IN YOUR EARS

EARBUDI Snaps on your Apple earbuds and turns them into sport earbuds. Soft rubber ear-loops tilt and rotate to provide comfortable support for any activity. Finally, your earbuds stay in place.

KEEP CALM and use EARBUDi's.

www.EARBUDi.com

NO MORE SWEAT IN YOUR EYES!

Keep burning Sweat out of your eyes and off of your glasses during workouts. Halo's patented SWEATBLOCK Seal redirects the sweat back and away from your face. This is simply the best performing, most comfortable, proven, sweatband on the market. Many styles/colors available from \$14.95. Free shipping with code SHIPFREE Exp. 4-1-16. HALOHEADBAND.COM





DESIGN CUSTOM GEAR ONLINE!

Easily create custom shirts, apparel, and more to unify groups and make events special. You'll always get free shipping and guaranteed on-time delivery. Receive one FREE SHIRT with your purchase of 10 shirts or more.

For details visit customink.com/mensfit





greater window of opportunity to facilitate muscle reconditioning," van Loon says. "It turns out that nighttime is an unused period when you can stimulate the adaptive response to exercise."

WHAT'S THE BEST WAY TO GET YOUR PROTEIN HIGH?

Because I'm a carnivore, to me more protein means more seafood, chicken, pork, and beef. On top of ample salmon and bison—two of my favorite foods—during my investigation, I added van Loon's fourth bedtime "meal," as well as whey after workouts.

And my grocery bills went out of control.

Ultimately, I decided to mix things up: A few times a week I now splurge on pricey seafood (often tuna or halibut, among the protein kings of fish), and for smoothies I go with organic, grass-fed whey or Drysdale's Crik powder: the yummiest of the supplements, but—at roughly \$5 for a 32-gram serving of protein—also the most expensive. Primarily, though, I rely on protein-packed basics like vogurt, eggs, peanut butter, and cheese. For breakfast, I do one cup of nonfat Greek yogurt, blended with blueberry kefir, a tablespoon of peanut butter, and a teaspoon of honey. I follow my late-morning workout with a whey smoothie, using the provided scoop to get the correct amount of protein, then sweeten it with whatever fruit happens to be in the fridge—and call that lunch. Dinner varies, but the main dish is almost always a high-protein whole food, such as pork or salmon, eyeballing the portions to get roughly eight ounces. Before bed, I might snack on a bowl of cottage cheese topped with sliced chicken or turkey breast, dishing it out based on the servingsize info based on the packaging.

After two weeks not only do I feel great but also—as previously mentioned—I'm five pounds lighter, chiefly because protein makes me feel fuller and satiated (which keeps me from snacking), and because of protein's thermic effects (I actually burn calories while digesting it). I also notice something else with my new diet: I'm always thirsty. As it turns out, protein is hygroscopic, which means it attracts water like iron filings to a magnet. "If you shift to high-protein, you should drink 50% more water than you were drinking before," Layman advises. This gets me wondering: Besides dehydration, what other potential risks might protein pose?

Low-carb diets, like the Atkins, which became popular in the '90s, preached all-you-can-eat protein. You can fill up on steak and eggs as long as you limit carbs. With Atkins, protein functions like an inert, low-calorie filler: Consume enough of it and you'll be too stuffed to eat anything else. (In contrast, the Paleo diet rightly embraces protein for its superior nutritional value. It falls short, however, because it doesn't prescribe how much protein to eat or when to eat it. It also rejects dairy—even Greek yogurt, which new research has identified as a superlative protein.)

At the height of the Atkins craze, reports of health problems surfaced, the most serious being kidney failure. I ask Phillips whether I should be concerned, and I'm told no. Because many of the Atkins dieters were overweight, he explains, they were also "verging on type-2 diabetes," a disease that can include kidney dysfunction. "But as the circular logic went, the high protein caused the kidney failure in the first place, and that's not true. There's no evidence of that." The other myth is "protein is bad for your bones," Rodriguez says. The going theory used to be that protein-rich

foods nudged your body's pH balance toward higher acidity—and too much acid would leach minerals like calcium from bones and lead to osteoporosis. But current research proves just the opposite: Protein increases bone density by improving calorie absorption. "We're realizing that eating adequate protein, along with calcium, is good for your bones, not bad for them," Rodriguez says. In fact, in a 2008 study in *The American Journal of Clinical Nutrition*, Layman wrote, "Higher protein diets are associated with greater bone mass and fewer fractures when calcium intake is adequate."

As I worked to harness the benefits of protein, I discovered that the plant-based soy doesn't build muscle as fast as animal protein or whey. "Soy is about 60% as effective as whey," says Layman. "But if you use a small enough amount, say 12 to 15 grams, you will get no muscle-building effects." I also learned about one big protein no-no: booze. Both Phillips and Paddon-Jones recount a now-famous tale shared among protein geeks, which involves a team of Australian football players. During the off-season they'd meet every Friday at a gym for weight training. Afterward, they'd go drinking at a nearby pub.

"No one was getting stronger in the off-season," Paddon-Jones says. A coach with a hunch about the booze changed their training to Tuesdays—a less convenient night to souse it up—"and they put on a ton of muscle mass and strength. Alcohol was shutting down protein synthesis."

Last year, Phillips led the first-ever experiment to test the theory. He gathered eight men ages 21 to 26 and put them through an exercise routine that included weightlifting, cycling, and high-intensity interval training. After the workout, he gave them each 50 grams of protein over a four-hour period and then got them trashed. Over the subsequent eight hours, he took tissue biopsies from their quad muscles. The result: Muscle-protein synthesis had dropped by 24% compared with his control group, who got protein but no booze. "Eight solid drinks of vodka definitely messed up their muscles' ability to utilize protein," he says. "Alcohol affects your ability to regenerate and repair muscle and get it ready for a subsequent workout. If you're an athlete, regularly consuming more than one or two drinks a day is not recommended."

Thre's still one question that can't be overlooked: How will consuming 100-plus grams of protein a day for years on end impact long-term muscle health? "We can't answer that quite yet," Layman says. One sure fact: Men in their mid-40s will find that their muscles begin to naturally shrink. "As we get older, we're less efficient at turning protein into muscle," Layman says. This has led nutritionists to assume that adults need less protein as we age. Having documented what high protein does for younger men, scientists now challenge that assumption and plan to conduct longitudinal studies to track men and their muscles over a lifetime.

When such a study occurs, I tell Layman that he should enlist my father, who turned 82 last month and remains an avid athlete. He lives in Seattle, where he routinely devours chicken and salmon, plays competitive tennis with guys half his age, and often begins his day by paddling his kayak two miles across Lake Washington.

Is it the protein? Exercise? Lucky genes? A combo of all three? No matter. The sudden jump in strength and recovery I experience after disregarding the RDA and doubling my protein intake

is reason enough to stick with it long term. Bring on the crickets. ■

MEN'S FITNESS | 2016 SURVEY

Hello, readers. We want to hear from you!
Complete this survey and return it to us at Men's
Fitness 2016 Survey, 4 New York Plaza, 2nd Fl., Attn. DF,
New York, NY, 10004, or take it online at mensfitness
.com/2016magazinesurvey. We'll randomly choose one
name from the completed surveys, and they'll get a \$250
Amex card. Five others will receive \$50 Amex cards.

Men's Fitness? (CHE	ou usually obtain your copy of 6. In the categories below would you like to see more or less coverage or about the same?						s the last tir professiona			
Subscribe			ENOUGH	MORE	LESS	Past 6	months	☐ Past y	ear	
☐ Buy it at a store or newsstand		Gym workouts				Past 2+	years	■ Never		
■ Other		Celebrity profiles				10 14/1			2	
. If you buy Men's Fitn	ess at a store or news- e issues did you buy?	Health and fitness trends				16. What kind of beer do you prefer? (CHECK ALL THAT APPLY)				
stand, which of these		Fashion and grooming				☐ Craft	☐ Do	mestic	☐ Imported	
BEST NEW PROTEIN SMACKS FOR GUYS	ROCKY STATE STATE MESSES M	Healthy eating and weight control				17. How many days during the week do you eat breakfast? (CHECK ONE)				
BACKIN BAYER		Fitness and nutrition science				,				
Muscle Up in 4 Weeks Southt a V-Shape SEX		Sex and relationships				0	1 -3	4- 6	7	
to Staying Motivated Ties Reference ABS		CrossFit and High Intensity Interval Training				18. Would yo	u like to see		the cover?	
The Big Muscle Issue		Obstacle course and mud races				Yes 19. What wo	ıld you like t	□ No o see more	of in	
7-PAY JAM BIG ANS 12 SEA		Road and mountain biking					T APPLY)			
		Vitamins and supplements				☐ Style &	_	☐ Workouts ☐ Finance week do you go out to a cialize? (CHECK ONE)		
		Endurance training				☐ Womer	ı			
		Travel and adventure								
	(married married)	Success strategies and life improvement				☐ 0	□ 1-3	□ 4-6	□ 7	
What matters to you	most?(CHECK ONE)	Fitness tech and equipment				21. How man	v anne aro	on vour pho	no that are	
Cover models	■ Cover lines	Gear and equipment					ness-related			
	(CHECK ALL THAT APPLY)	7. Check your favorite se		the maga	azine:	☐ 1-5 22.Are you:	6-10	11-15	1 6+	
☐ Stephen Amell☐ Tom Brady	☐ Hugh Jackman☐ LeBron James	 Adventure calendar Game Changers Earn It, Learn It, Burn It Articles and features Body Book meal plan FitWit 				☐ Male		☐ Female	е	
☐ Luke Bryan	■ Dwayne Johnson					23. Which be	st describes	s your age:		
☐ Henry Cavill	☐ Clayton Kershaw					☐ Under	18 🔲 18-20	21-24	25- 3	
☐ Steph Curry	■ Adam Levine					35-44 45-54 55-64 65				
□ Jamie Dornan□ Drake	S. Is the text easy to read and inviting.					24. Which best describes the total combined				
☐ Zac Efron	☐ Norman Reedus	☐ Yes ☐ No				annual income for all employed members of your household?				
☐ Chris Evans	Ryan Reynolds	9. Is the amount of type of	on the pag	e:		☐ Under S	\$25,000	\$25,00	00-\$34,999	
☐ Travis Fimmel	☐ Alexander Skarsgard ☐ About right ☐ Too much ☐ Too little				tle	□ \$35,000-\$49,999 □ \$50,000-\$74,99				
☐ James Franco	☐ Will Smith	10. Is the size of the type:				\$75,00		_	100-\$124,99 100-\$174 99	
Ryan Gosling	☐ Jason Statham☐ Miles Teller	☐ About right ☐ Too small ☐ Too large				□ \$125,000-\$149,999 □ \$150,000-\$174,9 □ \$175,000-\$199,999 □ \$200,000 or mor				
□ Bear Grylls□ Bryce Harper	☐ Willes Teller ☐ Usher	About right loc	small	□ 100 la	ge			\$200,0		
☐ Kevin Hart	☐ JJ Watt	11. How often do you go grocery shopping during the week? (CHECK ONE)				25. Contact Info:				
☐ Chris Hemsworth	☐ Russell Wilson					Name:				
☐ Charlie Hunnam	☐ Sam Worthington	0 1-3	4- 5	- 6+						
Please suggest some to see on the cover of		12. Do you tend to choose for on-the-go food?	a healthi	er option		Address:				
		☐ Yes	☐ No			City:				
		13. Do you currently have renters/home insurance?				Oity.				
		☐ Yes	Yes				State / Zip:			
		14. Do you own a motorcy	cle?			Phone:				
			☐ Yes ☐ No							



NORMAN REEDUS (continued from page 67)



and superprivate. It's all organic, the food is locally farmed and grown, so it's just a very healthy way to live. Even on holiday, I eat pretty minimal. I eat a lot of fruit and vegetables. Our catering department is super-highend; they make us things like lobster for lunch. You kind of shove it in your backpack and take it home for later. I try not to eat a lot of sugar. I'm not really a dessert guy anyway. I've never been a "sit on the couch and shove food in my mouth" kind of guy. I like chocolate, but I could never gorge on it. I'm not like a pregnant woman who craves all of that.

How does it feel being a sex symbol?

I don't know. The first time I ever saw my name in print was for *8MM*, and it was a quote from [director] Joel Schumacher that said, "You know, Norman's not goodlooking. He's really interesting looking, but he's not goodlooking at all." And I was like, "Thanks, jerk." So I'm that guy. I'm not *People*'s sexiest guy. Never, ever going to be that guy. I don't try to be like that, and I don't even want to be like that.

Come on. You can't deny that people view you that way.

I go to these things like Comic-Con, and I'm tattooed on people's arms. I've seen hundreds. Some are of Daryl and some are of me. I don't know what that's all about. I don't think about it too much. It doesn't power my next move. It feels weird even talking about it. It's such a silly thing. I never look in the mirror. Look at my sweater-it's full of holes. I have comfort clothes. I don't shop. Ever. Even at photo shoots, they don't do anything. They just move my hair out of my face.

Your hair is quite a star in its own right.

I'm on a TV show. There aren't a lot of Supercuts in the zombie apocalypse, so my hair is part of the character I'm playing on the show. So when it gets cut, it has to be for a reason. Or for a story line. When my bosses and the writers say, "We're going to cut your hair in this scene," I'll cut it. I can't just show up to work with short hair.

When you have people watching every hair on your head and tattooing you on their limbs, it must present a very specific set of challenges—especially for someone you date, who might draw the ire of your fans. How's that been?

I'm one of those people who, you look at me for 30 minutes and you're nice to me, and I'm like, "Move in!" And then three years later I'm like, "Wait. What are we doing? What's your name again?" I'm an easy dude, but, yes, it's hard. Maybe harder for them than it is for me. I'll end up with somebody who has a social media account, and they get bashed. Girls will just bash them. They're supermean, or they threaten them.

So how do you cope with being a star in Hollywood during the realm of Comic-Con?

Let me show you this. [Reedus takes out his wallet and shows me a picture of a young girl he met through the Make-A-Wish Foundation.] This is a girl I know who's sick who comes to Comic-Cons, and whenever I see her she gets dressed up like a zombie and plays with Silly String. We started this game: Whenever someone comes up to me and starts freaking out, I tell her, "Squirt them!" and she squirts them in the face with Silly String. Now, how do you not get into something like that? ■

WHERE TO BUY

Challenge the "Statio" Quo PAGE 15: LASC Gymnast tank, \$34, shoplasc.com; Adidas Supernova 7-inch shorts, \$45, adidas.com; Puma Carson Runner Quilt sneakers, \$65, us.puma.com; Urbanears Kransen earbuds, \$39, urbanears.com

Pecs Appeal

PAGES 32, 34-35: Pitbull Gym Ribbed Workout tank, \$34.95, pitbullclothing.com; RYU TecLayr EveryThing shorts, \$55, ryu.com; Puma Carson Runner Quilt sneakers, \$65, us.puma.com; Garmin Vivoactive, \$250, garmin.com.

Pair & Wear

PAGE 44: Kenneth Cole Leather Moto jacket, \$498. kennethcole.com; Gunmetal Stainless Steel watch, \$135. available at Macy's stores; GANT Rugger Dreamy Oxford Point Collar shirt, \$125, gant .com; Original Penguin Smart Jogger with Rib pants, \$110, tie \$55 available at Original Penguin stores; Ray-Ban RB4235 601S/58, \$175. sunglasshut.com; Aldo Giraldi boots, \$140, aldoshoes.com PAGE 46: Express White Cotton Photographer Suit jacket, \$198, Athletic Piped Fleece pant, \$79.90, express .com: AG Green Label The Ackers Polo, \$118, agjeans com: Persol sunglasses P03129S 95/31, \$230, lenscrafters.com: Tissot Quickster watch, \$425, tissotwatches.com; Skechers Mark Nason Los Angeles sneakers, \$120, skechers .com; WANT Les Essentiels O'Hare Soft Shopper bag. \$995, wantlesessentiels.com PAGE 47: Vince Camuto Men's Varsity jacket, \$198

Men's Varsity jacket, \$198, vincecamuto.com; Lands' End Short Sleeve Super Tee, \$19.50, landsend.com; Buffalo David Bitton Evan-x jeans, \$119, BM18875, buffalojeans com; Moscot The MENSCH sunglasses, \$250, moscot .com; Swatch Destination NVC watch, \$185, VVB402, swatch .com; Rockport boots, \$150, rockport.com; Tumi Noho Mercer Drawstring backpack, \$595, available at Tumi stores and tumi com

A Dead Man in Full

PAGE 62: Michael Kors Leather Racer jacket, \$795, michaelkors.com; John Varvatos Cotton shirt, \$248, Silk tie, \$155, johnvarvatos com; Tallia Orange pants, \$150, W6VOTIO, available at Lord and Taylor stores; Tommy Hilfiger Tailored Chelsea boots, \$279, tommy.com; Rado HyperChrome Automatic Chronograph watch, \$4,400, store.us.rado.com.

PAGE 65: Burberry Leather Trench coat, \$3,195, us.burberry.com.

PAGE 66: Armani Exchange Leather Moto jacket, \$600, available at select Armani Exchange stores and armaniexchange.com.

Style Goals

PAGE 68: Adidas Response Wind jacket, \$60, adidas .com; Tommy Hilfiger Tailored pants, \$149.50, tommy.com; Rado HyperChrome Auto Chronograph watch, \$4,100, store.us.rado.com.

PAGE 69: Michael Kors Nylon Trim Zip-Through jacket, \$195, michaelkors.com.

PAGE 70: Tallia Orange jacket, \$350, lordandtaylor.com; AG Green Label The Varick Flyweight pullover, \$198, agieans.com.

PAGE 71: Calvin Klein Collection Zip-Tech hoodle, 625, and Slim pants, \$595, calvinklein.com; Kenneth Cole Bonded vest, \$98, MMSBBKV01, kennethcole .com; Casio G-Shock watch, \$120, GA110BW-1A, casio.com

PAGE 72: DKNY Nylon Hooded jacket, \$29, dkny.com; Adidas Tiro 15 Training jacket, \$65, adidas.com; TAG Heuer Formula 1 watch, \$1,000, WAZ1110.FT8023, shop-us .tagheuer.com.

PAGE 73: Ben Sherman Camden Suit jacket, \$350, Striped tie, \$75, Merino cardigan, \$85, Poplin shirt, \$79, bensherman.com; Adidas Tastigo 15 Drydye shorts, \$25, Copa Zone Cushion 2.0 socks, \$12, adidas.com; Seiko Prospex Kinettic BMT watch, \$450, macys.com.

Fitness Goes Vertical

PAGES 74-75, 77-78, 80: Hyo: CWST tank \$36 americannae .com; Baldwin Henley Kyoto ieans, \$249, Baldwin.co: Casio G-Shock G-Steel watch, \$280, gshock.com; Five Ten Core chalk bag, \$24, fiveten.com Ashton: Athletic Propulsion Labs sports bra, \$55, aplrunning.com; Lululemon What The Sport Short shorts \$58, shop.lululemon.com; Five Ten Dragon climbing shoes \$175, fiveten.com. Michael Patagonia Baggies pants. \$69, patagonia.com; Metolius Ultralight Cylinder chalk bag \$19.95, metoliusclimbing .com; Sunspel tank, \$60, sunspel.com. Cyrena: Athletic Propulsion Labs sports bra, \$55, Running tights, \$98, aplrunning.com; Five Ten Blackwing climbing shoes. \$175, fiveten.com. Evelyn: Lululemon Free To Be sports bra, \$42, shop.lululemon .com: Athletic Propulsion Labs tank, \$48, aplrunning.com. Mikhail: Saturdays NYC Rosen tank top, \$60, saturdaysnyc .com: FFM Flat Front shorts. \$275, paragonsports.com; Five Ten Core chalk bag, \$24, fiveten.com.

Crunch-Free Abs PAGES 106, 108-111:

J.Lindeberg Jarvis Fieldsensor vest, \$150, trendygolfusa .com; Puma Running shorts, \$30, us.puma.com; Nike Metcon 1, \$120, footlocker.com; Sony SmartWatch 3 SWR50, \$300, sonymobile.com

3 Moves for More Muscle PAGES 116, 118-120: TLF

Prime pullover, \$58, Iffapparel .com; LululemonTight Stuff tights, \$98, Iululemon.com; Nike Free Trainer 3.0 V5, \$120, footlocker.com; Fitbit Charge HR, \$149,95, fitbit.com.

Men's Fitness (ISSN 0893-4460), Volume 32, No. 2, is published 10 times a year, Jan./Feb., Mar., Apr., May, Jun., Jul./Aug., Sep., Oct., Nov., and Dec., by Weider Publications LLC., a division of American Media, Inc. 4 New York Plaza, 4th Fl, New York, NY 10004. Periodical Rates Postage Paid at the New York NY Post Office and at additional Mailing offices, Men's Fitness is a trademark of Weider Publications LLC. registered in the US and other countries. @2016, Weider Publications LLC. All rights reserved. Co Post International Publications Mail Sale Agreement No. 40028566, Canadian B.N. 88746 5102 RT0001. All materials submitted become the sole property of Weider Publications, LLC. and shall constitute a grant to Weider Publications, LLC., to use name, likeness, story, and all other information submitted of the person submitting the same for any and all purposes and cannot be used without permission in writing from Weider Publications, LLC. Men's Fitness is not responsible for returning unsolicited manuscripts, photographs, letters or other materials. Weider Publications, LLC and American Media publisher of Men's Fitness, does not promote or endorse any of the products or services advertised by third-party advertisers in this publication. Nor does Weider Publications, LLC or American Media, Inc., verify the accuracy of any claims made in conjunction with such advertisements. Subscription rate is \$24.00 for (Tyr) 10 issues in U.S.A. In Canada (Tyr) 10 issues \$ 36.97. Outside of U.S.A. and Canada (Tyr) \$37.97 U.S. Orders outside of U.S.A. must be prepaid in U.S. funds. For Customer Service and Back issues call toll-free (800) 340-8958 or write to: Men's Fitness, P.O. Box 37207, Boone, IA, 50037-0207. SUBSCRIB-ERS: If the postal service alerts us that your magazine is undeliverable, we have no further obligation unless we receive a corrected address within one year. U.S. POSTMASTER:Send all UAA to CFS (See DMM 707.4.12.5); NON-POSTAL and MILITARY FACILITIES send U.S. Address changes to: Men's Fitness Magazine, P.O. Box 37207, Boone, IA 50037-0207. CANADA POSTMASTER: Send address changes to American Media, Inc., PO Box 907 STN Main, Markham, ON L3P 0A7, Canada. From time to time we make our subscriber list available to companies who sell goods and services by mail that we believe would interest our readers. If you would rather not receive such mailings, please send your current mailing label to: Men's Fitness, P.O. Box 37207, Boone, IA, 50037. Manuscripts, art or other submissions must be accompanied by a self-addressed, stamped envelope, Printed in the U.S.A.







It's heating up!

Why's March so damn mad? Is Batman headed for the worst? And is corned beef really cursed? All in 140 characters or less.

Only four days till we start counting how many days till baseball season's over. March 30 / 12:14 p.m.

Fact: You need more @katienolan. March 28 / 11:37 p.m.

Sweet: popping a Lindt mini dark-chocolate bunny (Just 50 cal.) and hunting for Easter eggs in the new Spectre DVD.

March 27 / 9:00 a.m.

Batman v. Superman opens! May we all find our Alfred and resist our own personal kryptonite. March 25 / 10:25 p.m.

(Can we have Bale back?) March 25 / 10:25 p.m.

Easy lunch to pack: grilled chicken, slices of pickled ginger, water chestnuts, soy sauce, green veggie of choice.

March 23 / 11:33 a.m.

March 23 / 11:33 a.m.

Treadmill challenge: incline at its highest. 20 minutes. How far did you get? Test every 2 weeks; try to cover more distance each time. March 22/5:52 p.m.

Power Rankings, Best Spots for Foam Roller: 5) IT band 4) Glutes 3) Hams 2) Calves 1) Top closet shelf behind your Foo Fighter concert tees. March 19/8:51 a.m.

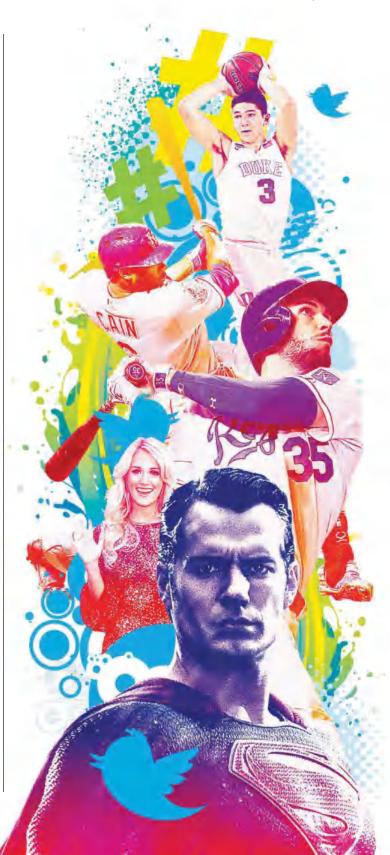
Power Rankings, Green Foods: 5) Salsa verde 4) Kiwi 3) Sour apple lollippps 2) Avocado 1) Pistachio ice cream March 17 / 11:13 p.m.

Corned beef is the perfect St. Patrick's Day meal—and, when said aloud with vigor, an excellent substitute for an expletive. March 17/6:44 p.m.

Do not jig. March 17 / 6:16 p.m.

Hoverboards are cute in an "I haven't used up my yearly deductible at the ER" kind of way.

March 16 / 2:02 a.m.



#MarchMadnessIs: 68° one day, ice storm the next. March15 / 4:04 p.m.

#MarchMadnessIs: Picking the #13 to upset the #4 seed in two of the brackets, and it happens! In the other two. March 15 / 4:04 p.m.

#MarchMadnessIs: Realizing you have only 8 weeks to undo your winter eating/ drinking/slothing habits. March 15 / 4:04 p.m.

#MarchMadnessIs: Pals posting Instagram photos from Aruba, you posting sulky shots holding "Sure, rub it in!" sign from office. March15/4:04 p.m.

Stephen Curry & Albert Einstein share a birthday. One created E = mc². The other created Arc of the Ball + Circumference of the Hoop = MVP. March 14/1:11 p.m.

The #freethenipple campaign is not directed toward your gym attire.
March 13 / 11:03 p.m.

Dudes, she can see what photos you like. #GirlsOfInstagram March 12/4:17 a.m.

Shouldn't an exercise called mountain climbers be vertical, not horizontal?

March 11 / 1:04 a.m.

Shouldn't an exercise called planks involve pirates?
March 11 / 1:04 a.m.

Things I don't want to hear at the gym: some other guy's music, grunts, flirting, gas, 1-rep max, "Walking on Sunshine."

March 10 / 8:29 p.m.

Feel free to carve her name into your leather seats, but a "Happy birthday @Carrie Underwood" will also do...
March 10 / 5:13 p.m.

...on the other hand, if you're blowing candles out for @justinbieber today, you're reading the wrong magazine.

March 1/6:59 p.m.

top: Lance King/Getty Images; Jim McIsaac/Getty Images; Jamie Squire/Getty Image Jen Lowery/Splash News/Corbis; Clay Enos/Warner Br

NEW!

BEST NEW PROTEIN SHAKE



- MENS FITNESS November 2019

Lose weight. Build muscle. Recover faster.

Now that's advanced

New SlimFast Advanced Nutrition is designed just for men. It's packed with 20g of protein and a precise ratio of BCAAs to build muscle and improve recovery. This innovative lactose-free, gluten-free, high-protein shake has just 1g of sugar — it's the perfect, on-the-go meal replacement. Lose weight fast and keep it off, with the clinically proven SlimFast Plan!"

Discover New SlimFast Advanced at a retailer near you!

#ItsYourThing SlimFast.com

It's Your Thing:

Shakes. Smoothies. Bars. Snacks.





